



**Mom Guess What Newspaper**

Sacramento's Premier Gay & Lesbian Newspaper Since 1978

www.mgwnews.com

Volume 27 ▼ Issue # 484 ▼ August 1, 2004

**FREE**



Locals come out to support Steinbergs' bid for congress

See page 11

## Trials Overshadowed with Scandal

*Veterans and Youth attempt to restore the Innocence in Track and Field*

By Terry Dyer  
MGW Staff

The year 2004 has seen an abundance of doping scandals in the sport of track and field. Over the past six months, several athletes have been under investigation for using various illegal performance enhancing substances. Some of these athletes have been found guilty and given punishments accordingly (including a lifetime ban from the track and field). With this being an Olympic year, this does not boast well for the sport for numerous reasons. The Olympics provide friendly competitions in a positive, healthy, and safe environment. It promotes unity and nationalism. However, track and field athletes are drowning out the positive, healthy, and safe environment, and providing a very negative stigma to the sport.

On the last day of competition, I had the opportunity to be seated at the 50-meter line row twelve, witnessing the sweat, blood and tears. This day was not as hot as the others; however, there was still a ton of drama, surprises, and wonderful moments on and off the track. Several athletes that day refused to allow the news of positive tests of sprinters Mickey Grimes and Torri Edwards, as well as the withdrawal of Marion Jones in the 200 meters spoil the trials. A couple of local athletes also tried to lend a hand by winning their events respectively. Auburn native Stacy Dragila nearly set a new world record in the pole vault. Sacramento's own Jamie Nieto (Valley High School) won the high jump in very impressive fashion. Needless to say, his acrobatic skills need improving as his back flip entertained the audience after his win. There were quite a few other local athletes that competed but failed to make it onto the team. Closing out the day with the sprint hurdles and the 200 meters, the Olympic Trials was able to bring some life back into a loved sport.



MGW Photo /Terry Dyer

Please see "Trials" on Page 16

## One Voice Can Make A Difference!

*MGW Publisher Linda Birner hands over the torch to Jeffry Davis.*

By Terry Dyer  
MGW Staff

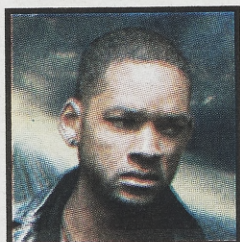


MGW Photo /Terry Dyer

A single voice in the crowd is at times hard to hear. Sometimes that one voice needs a microphone, a loud speaker, and/or simply a pen. That pen is definitely mightier than the sword. In 1978, Linda Birner introduced to Sacramento what would become a legacy. Inspired by a political injustice, Birner decided to be the voice that the GLBT community needed. Within one month, Birner appeared in the Advocate magazine as an activist in the Sacramento area. This publicity would catapult Mom Guess What! Newspaper into

a twenty-six year success. Focusing on introducing the community to politics, and teaching people how and why to vote, the publication has been described as a voice for the unheard. Informing the young, elder, gay, and straight, the newspaper has served its purposes well. Although the newspaper continues to be a strong voice in the community, Birner is giving up her writing utensils. Under the direction of Jeffry Davis, Mom Guess What! Newspaper attains the same drive, focus, and respectability as it did when published by the now retired, Linda Birner.

Please see "One Voice" on Pages 12 and 13



**Man vs Machine**  
Will Smith stars in I'Robot. In theatres now

See page 14



See what locals had to say about a proposed amendment to the Constitution.

See Page 7



Local competitions underway at faces

See page 14



**It's Coming. Can You Feel It?**

**Labor Day Weekend**

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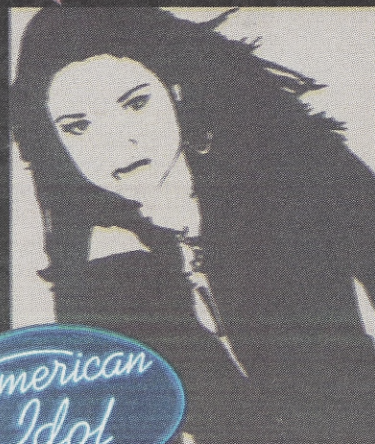
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## INFORMATION

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Society of Professional Journalists  
Midtown Business Association  
Alternative Press Syndicate



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# Under the Domes

## Marriage Protection Act Passes

By Tristan Roberts - MGW Staff

By a vote of 233 to 194, the United States House of Representatives, passed the Marriage Protection Act (HR 3313). If passed by the Senate and signed into law, the Marriage Protection Act would strip federal courts of jurisdiction over legal challenges to the Defense of Marriage Act (DOMA). The bill blocks GLBT peoples' access to the federal courts for remedy of marriage discrimination, and may present constitutionality problems. The bill now awaits consideration by the U.S. Senate, but is not yet on their docket.

While the Constitution gives authority to Congress to establish lower federal courts and their jurisdictions (e.g., the Circuit Courts of Appeal, Bankruptcy Courts, etc.), Congress has never passed a law depriving the federal courts of jurisdiction to hear cases involving constitutional matters. All sides agree that the challenges to the 1996 Defense of Marriage Act (DOMA) will be based on Constitutional issues, including its Full Faith and Credit and Equal Protection clauses.

There have been "court stripping" bills introduced in the past for attempting to take away federal court jurisdiction over cases involving abortion and flag burning. Those measures have died in committee because members have recognized their unconstitutionality.

By eliminating federal court jurisdiction over questions of interpretation of the Defense of Marriage Act (DOMA), the MPA would shield DOMA from federal judiciary review, thereby shutting out a distinct group of people from the federal courts. This runs counter to the basic Constitutional principle of Equal Protection. By removing access to the federal courts, the MPA would deprive individuals of their Fifth Amendment right to Due Process.

The MPA would also disrupt the "checks and balances" laid out in the United States system of government. In order for individuals to be protected from overreaching by the legislative and executive branches, an independent judiciary is necessary to maintain the principle of separation of powers. ▼

## Protect Hate Crimes Victims

By Boyce Hinman - Lambda Letters

As it turns out, the powers that be decided that it was not necessary for AB 2428 to be voted on by the Senate Appropriations Committee. The bill has been sent to the floor of the Senate for a final vote in that house. So today we ask that you write to the Senate in support of AB 2428. The bill could be voted on in the committee any day now so please write as soon as possible.

AB 2428 is a bill to protect the victims of violent hate crimes from re-victimization once the perpetrator gets out of jail. The victims of these crimes need protection.

According to the latest hate crimes report from the California Department of Justice, there were 1,659 hate crime events reported in California in the year 2002. (There were probably many more. Often these crimes go unreported.) Of the reported crimes, 1,217 of them were violent crimes. Thus, almost three fourths of them were violent crimes.

When the perpetrator of these crimes is caught, he or she may well be sent to jail. The problem is, in most of these cases, the perpetrator usually gets out of jail. Then he or she can do the same thing all over again. Often the offender commits the same act against the same victim.

In rape cases, current law routinely imposes a restraining order on the rapist prohibiting him from going near the victim after being released from jail. Current law does not provide this protection for the victims of hate crimes.

Surely the victims of violent hate crimes merit the same kind of protections now afforded to the victims of rape. That is what AB 2428 would provide. It says that, unless compelling circumstances dictate otherwise, a protective order will be imposed on the perpetrator of a violent hate crime after he or she is released from custody or probation. The protective order will prohibit the offender from any further contact, harassment, or communication with the victim of the hate crime or with the victim's close family members, including domestic partners. This is an important bill.

Please support AB 2428. ▼

### Reporting a Bias Crime

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<p><b>SACRAMENTO POLICE DEPARTMENT</b></p> <p>Lt. Cara Westin 264-5990</p> <p>Off. Barbara Schmacher 564-5471</p>	<p><b>SACPD ADVISORY COMMITTEE MEMBERS</b></p> <p>Linda Birner 441-6397</p> <p>Midge Marino 927-5651</p>
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A REMINDER If you have an issue with the Sacramento Police Department, there is a group of SPD officers and civilians that volunteer to help facilitate better communications between the GLBT community and the SPD. Please call them with your concerns.

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**SACRAMENTO'S PREMIERE GAY AND LESBIAN NEWSPAPER SINCE 1978**

**VOLUME 27 ▼ ISSUE # 485**

**August 01, 2004**

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MGW Newspaper would like to acknowledge errors promptly. Corrections will appear on page two in each issue. Mistakes can be reported by contacting:

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## Federal Appeals Court Upholds Anti-Gay Adoption Law

The full United States Court of Appeals for the Eleventh Circuit has declined to reconsider an earlier decision from a three-judge panel, which upheld a Florida law that bans gay people from adopting.

The 12-member court's sharply divided decision was in response to a motion by the ACLU asking the full court to reconsider the three-judge decision from January 29, 2004, which upheld Florida's anti-gay adoption law. Three of the judges agreed that the ban is unconstitutional, while three additional judges agreed that the Court should reconsider the decision.

Even Judge Birch, who wrote the original decision upholding the ban, stated that excluding gay people from the pool of potential adoptive parents is misguided and bad policy, recognizing the fact that gay people like plaintiffs **Doug Houghton** and **Steven Lofton** can be devoted parents. He even stated that if he were a member of the legislature he would be opposed to the law.

The ACLU brought a lawsuit on behalf of four gay men who would like to adopt in Florida but are prevented from doing so by a state law that ban lesbians and gay men from adopting. The law was passed in 1977 in response to **Anita Bryant's** infamous anti-gay campaign. The children involved in the case are represented by **Chris Zawisza** and Children First Project. The ACLU is reviewing the opinions and exploring the legal options. ▼

## NBJC Cautions President Bush

The National Black Justice Coalition (NBJC) cautioned the President not to use African Americans to spread his anti-gay message of separate and unequal. This comes after **President George W. Bush** delivered one of the keynote addresses at the 2004 National Urban League Convention in Detroit. **Reverend Keith Butler**, Pastor of Word of Faith Ministries in Southfield, Michigan accompanied the President. Butler is one of the leaders of a coalition of African American clergy supporting the so-called Federal Marriage Amendment. During his speech to the National Urban League Bush asserted his support for strong families and marriage. ▼

## California Citizen challenges "Politics as Usual"

**Henry Nicolle**, long time California Citizen, announced that he has begun gathering signatures to qualify on the November ballot as candidate for the House of Representatives representing California's 24th Congressional district.

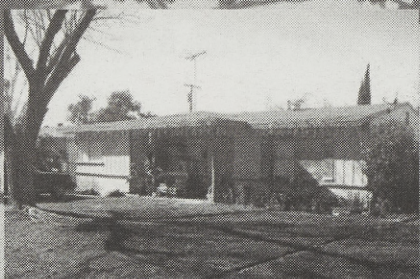
Mr. Nicolle suggests that we are no longer a free People, that collusion by federal coercion and bribery of the States has deprived us of real rights and liberty by substituting statutory "rights" and "privileges" with the "effect", (that means the "semblance"), of rights and liberty without the substance of the real things.

Nicolle cites as examples of substitute or "ersatz" liberty, that we are not free to travel about our great country without government permission, because every available mode of travel must be licensed and permitted. We may travel, but we may not travel without the government in our baggage. We may own property, but we may only own property approved, regulated and permitted by government. We may speak, publish and practice our beliefs, but only under terms allowed by the government.

These cheap substitute "freedoms" of travel, contract, ownership of property, speech, press and religion are not liberty, they are permissions of government with only the (limited and controlled) effect of the real thing. Once our rights and liberty are converted to these imitations, they become the "property" of government and as any other luxury or privilege, are subject to the whim of policies.

California statutes controlling eligibility for the November 2004 ballot require that Mr. Nicolle collect the approval by their signature of about fifteen thousand registered voters on the 24th District. The district extends through Santa Barbara and Ventura counties, with the exception of the beach areas, (which are the 23rd Congressional District). ▼

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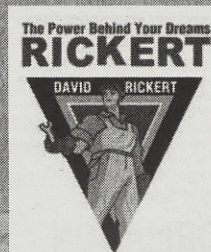
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## Women's Wellness Day

By Hilton Collins  
MGW Staff

On Saturday, gold medallist and retired WNBA point guard **Jennifer Azzi** will visit California State University Sacramento to host Wellness Day—a seminar that focuses on total health and wellness. The event runs from 8:30 a.m. until 6 p.m., and speakers are scheduled to offer guests fitness instructions, nutrition information, financial advice, time management strategies, and all around motivation to make productive life changes. Speakers will include Sacramento Monarchs player **Edna Campbell**, financial expert **Loral Langemeier**, FAVRiT Wear Inc. CEO **Teresa Edwards**, and of course, the distinguished Ms. Azzi herself.

"I had been thinking of ways I could put what I had done as an athlete and help everyday people understand what it takes to live a healthy and balanced life," Azzi explains. "Unfortunately, our education system doesn't teach us how to be healthy adults."

One of the things she's most thankful for is learning how to be healthy and fit from her years as a professional athlete. Azzi retired from the San Antonio Silver Stars in February this year, capping off an illustrious career spanning tenures in the Women's National Basketball Association and the American Basketball League. A career highlight was winning the gold medal as a member of the Women's Olympic Basketball Team in the 1996.

She began running events like Wellness Day in 1999, so Azzi has had years to build a rapport with people who want to improve their quality of living on the physical, mental, and spiritual levels. Her first foray into wellness training involved a five-week camp where participants were taught about conditioning and strength training. From there, Azzi, her trainees, and her associates had nowhere to go but up.

"I thought it was going to be a one-time thing, and it was so successful," says Azzi. "We did fitness tests on people before the camp started and we did testing on them at the end. They improved so much in five weeks, it was crazy, so we did another five-week camp, and that led to more camps and weekends and all kinds of things."

One of the upcoming Sacramento Wellness Day planners is **Rochelle Lund**, an associate of Azzi's who will demonstrate weight-training techniques on Saturday. Lund used to be the WNBA strength training coach, so she's more than qualified to show others how to get in shape and stay that way. "There's a lot of bad advice out there and we keep it real simple and teach people how to work out correctly and get the changes they want to get," says Lund. "It's really not that hard, but people make it hard. We keep it simple. If you are a triathlete, you'll learn something from it. If you've never ran before in your life, you'll learn something from it."

The theme of Wellness Day will be all about the courage to change. Azzi, Lund, and associates plan to help people motivate themselves to get off their couches and get moving. For many, when the word "fitness" comes up, they think of running, swimming, or other cardiovascular activity, but they neglect another crucial piece of the wellness puzzle—a healthy diet. "Eating habits are huge," explains Azzi. "You're fighting yourself if you start an exercise program and don't incorporate proper nutrition. It's really about healthy choices and drinking a lot of water and eating lots of fruits and vegetables."

Aside from nutrition, Wellness Day curriculum will include goal setting, social interaction, and self-image. The weekend will be packed with activities for the body and mind to give individuals the tools to pave their way to long-term success.

Edna Campbell is definitely no stranger to adversity, but she's taken the steps to change her life for the better, making her more than qualified to help others take control of their lives. A breast cancer survivor, Campbell has already spoken at many events about overcoming her illness and coping with treatments like chemotherapy. This weekend, she looks forward to sharing her passion for life with others. "I'm excited to be involved with this program that promotes total wellness," says Campbell of her role in Wellness Day.

Registration for the event costs \$100, and space is limited, so potential participants should register as quickly as possible. Jennifer Azzi's website, [www.azzitraining.com](http://www.azzitraining.com), allows online registration, but people can also call 1-801-574-1100 to make arrangements as well. Azzi has a few words of encouragement. The road to total wellness is just a phone call or a few clicks away. "You have to change somebody's mind first, and once they decide what they want to do, they can for it," explains Azzi. "It's about where people want to go with their own goals and their own fitness."

With dedication and inspiration like that, it's no surprise that Azzi, Lund, and Campbell have been able to achieve success on and off the court. ▼

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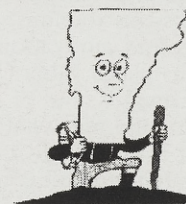
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# I Lover Mont

By Merle Exit  
MGW Guest Writer



Despite the marriages in Massachusetts, Vermont Civil Unions are still bringing vacationers. However, not all Vermont destinations are gay-owned or even gay-friendly. A group called Gay Vermont Inns formed a larger organization known as the Vermont Gay Tourism Association. Couples who traveling to the Green Mountains have found that there is a lot more to see and do than hibernate on their honeymoon.

When it comes to recreation, the area encompassing Stowe, Waterbury and Waitsfield appears to be one of the best places to head to. Gay friendly Jet Blue Airlines flies into Burlington about a half hour from Stowe, where I checked into Timberholm Inn. Darrick Pitstick and Rich Drill are the owners of this gorgeous piece of property. I adored the suite that I stayed in but found tranquility in the main room of the house, with its fireplace and two Australian doves. The back window lead onto a deck overlooking a gazebo and beautiful acreage. Last year, of the 71 Civil Unions in Stowe, 61 were held at Timberholm Inn.

During the winter, Stowe recreation centers on the ski areas of Stowe Mountain and Bolton Valley. Spring and summer months allow for hiking,

a local flour company, eggs from a nearby farm, Cabot Creamery cheese, maple sausages from the local butcher and all served

with Vermont maple syrup! Coffee is obtained from Green Mountain Coffee and the tea from gay owned Vermont Liberty Tea Company in nearby Waterbury.

It's well worth the side trip where owner John Williams will have you sample some of the great varieties of tea.

If you don't want to venture down Rt. 7, Vermont Teddy Bear Factory has an outlet in the Cabot Creamery Annex on Waterbury's Rt. 100. Check out their Pride Bear and they would have no problems selling you a two groom or two bride bears.

Greg Trulson and Willie Docto are co-owners of the Adirondack style Moose Meadow Lodge. As a Justice of the Peace, Greg has officiated 200+ Civil Unions and most of the 61 held at Timberholm Inn. Four motif guest rooms, include in the Duck Room. This locale has a trout pond, hot tub, and the Sky Loft, with a glass enclosed gazebo.

Two lesbian owned eateries were visited. Dinner was at Marsala Salsa of which Jan Chotalal, is the proprietor of this Mexican and Caribbean restaurant, located on Stowe Street, the downtown area of Waterbury. The food is quite fresh and I highly recommended it, even though I personally don't care for spicy food.

Only steps away is Full of Beans Coffee

House, owned by Anja Weismuller and Caroline Stave. The coffee house, with its fabulous pastries, sandwiches and varieties of Green Mountain Coffee, has a performance area. Both Lucy Blue and Cris Williamson have expressed an interest in more than just dropping by.

The Waitsfield area is also known as Mad River Valley and having its own

Jet Blue Airlines: [www.jetblue.com](http://www.jetblue.com)

VGTA: [www.vermontgaytourism.com](http://www.vermontgaytourism.com)

Timberholm Inn, 452 Cottage Club Rd., Stowe, 800-753-7603, [www.timberholm.com](http://www.timberholm.com)

Moose Meadow Lodge, 607 Crosett Hill, Waterbury, 802-244-5378 [www.moosemeadowlodge.com](http://www.moosemeadowlodge.com)

1824 House Inn, 2150 Main St., Waitsfield, 800-426-3986, [www.1824house.com](http://www.1824house.com)

Vermont Liberty Tea Company, One Derby Lane, Waterbury, 802-244-6102, [www.vermontlibertytea.com](http://www.vermontlibertytea.com)

Laughing Moon Chocolates, Rt. 108, Stowe, 802-253-9591, [www.laughingmoonchocolates.com](http://www.laughingmoonchocolates.com)

Full of Beans Coffee House, 1 South Main St., Waterbury, 802-244-0808

Marsala Salsa, 15 Stowe St., Waterbury, 802-244-1150

Deer Brook Inn, 802-672-3713, [www.deerbrookinn.com](http://www.deerbrookinn.com)

Salt Ash Inn, 800-725-8274, [www.saltashinn.com](http://www.saltashinn.com)

biking and boating.

Food can be considered a recreation unto itself and what better place to enjoy it than being able to sample the best of the local morsels, like chocolate. Leigh Williams is the owner and "chocolate chef" of Laughing Moon Chocolates, where only small batches of premium chocolates are prepared.

At Timberholm, for instance, where the Vermont products are abundant, breakfast couldn't be fresher. Apple cider, scones made from scratch using

**I Love Vermont**

continued on pg. 11

Ask

Dale

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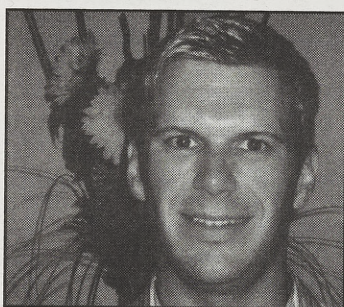
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# Would You Agree With A Federal Marriage Amendment?

Asked at Steinberg Fund Raiser (before the vote)



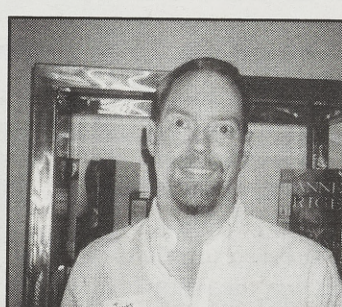
**Dale Howard**  
Sacramento  
Political Consultant

"I disagree with the amendment. It would be the first time in the nations history that we write discrimination into the consitution. Equal rights means everyone, gay or straight!"



**Karyn Andrade**  
Woodland  
Political Fund Raising Consultant

"Of course not! We should not alter or amend our Constitution based on bigotry. I believe marriage is an inalienable right. People have the right to love and share their lives with someone they cherish!"



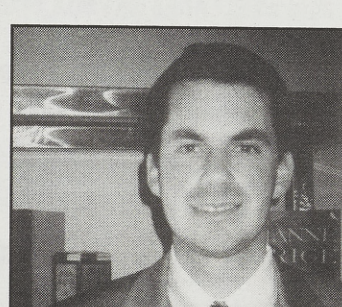
**James Ozanich**  
Sacramento  
Community Activist

"Infatically no! I do not believe there is a need to write discrimination into the Federal Constitution! This is a matter that should be left up to inviduals and not to any legislative body!"



**Andrea Jackson**  
Sacramento  
Government Affairs

"No, it's never appropriate to place discrimination into law, against a group of people. The Constitution has never been amended to discriminate! It has only been amended to add rights!"



**Daniel Roth**  
Sacramento  
Lobbyist

"No, I do not! With forty million un-injured Americans, ever increasing death in Iraq, and a education system in shambles, George Bush should focus on America's real problems!"



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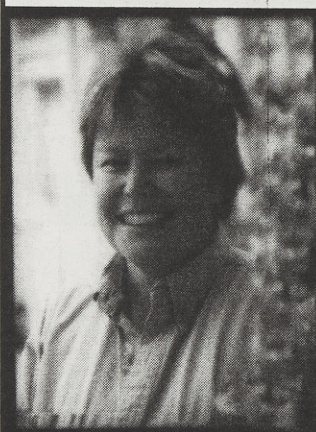
Amateur Strip Contest Thursday, July 29th - 10PM Video Bar  
Sunday Night Dance Sunday August 8th, 11PM Dance Bar  
FACES 80s Night Monday August 9th, 11PM Dance Bar  
Sunday Night Dance Sunday August 15th, 11PM Dance Bar  
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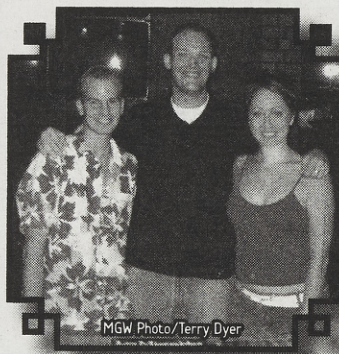


## Talented Singers Showcase

By Terry Dyer  
MGW Staff

Fifteen singers showcased their incredible levels of talent in a competition at Faces on Tuesday, July 20th. This was the first of many competitions that will benefit music majors at local colleges and universities. It was a fun-filled musical night that truly gave light to various musicians in the Sacramento area.

Once again, the competition was in a relaxed atmosphere with absolutely no negativity. Two judges



Michael LaPlante, Jeremiah Lowder, Marcy Goodnow

sat with the hardest job in the room (crowded with nearly sixty people). There is an amazing group of talent in this town. Mark's (Ferreira) doing a great job of giving a venue for singers. It's also nice to know I've passed the torch to a capable player, said Jim Jordan, judge and former piano player at Faces. The second judge was Graham Sobelman, the Director of the Sci-Fi Hotel production.



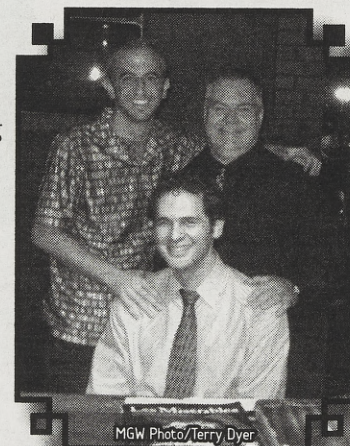
Michael LaPlante, Jeremiah Lowder, Marcy Goodnow

The night started with the cast of Sci-Fi Hotel doing a few numbers. The audience was given a very nice glimpse into their now running show. These singers also entered the contest, which was won by Jeremiah Lowder (\$100). The Sci-Fi Hotel member states, "This is not really my type of venue; it's a change of pace for me. It was fun though."

Second place, winning \$50 was Michael LaPlante, who is also performing with Mark Ferreira at Garbo's Dinner Theatre. Mixing things up a bit, Michael sang while playing the guitar. Marcy Goodnow (Sci-Fi Hotel) took third place winning \$25.

When asked his feelings on the night, Mark ("Piano Man") had this to say, "I thought it was a great experience for numerous people and very successful. My idea was to have a fostering community in the same profession experience one another, as well as people who have never sung

before. I want to provide opportunities for people that are even the slightest interested in singing. And of course I would like to make it bigger and better next time!" A few highlights of the night included an original song played (piano) and sang by Jonathan Wright. His Smokey Joe Café blues style led up to the guest appearance of the reigning Queen of Cabaret (Sacramento). Miss Gayiel Von capped off the night with some soulful singing. She is now showcasing her style and elegance at The Delta King Thursday through Saturday nights. Also making appearances showing their support, yet not competing were Matt Dunn, the phenomenal Lisa Cargile, and myself. ▼



Graham Sobelman, Jim Jordan, Mark Ferreira

Piano Bar - every Tuesday 6-9pm @ Faces. To learn more about the opportunities with singing and playing the piano, you can join a mailing list at: [ecclux@hotmail.com](mailto:ecclux@hotmail.com). Scholarship donations can be submitted at any time. For further information, send an email to the address above.





# Food + Wine



## Culinary Oasis

By Katrina Torres  
MGW Staff

Andi's Cafe



Good fortune would find me grounded on my lunch hour at the corner of Bradshaw and Old Placerville Road this fine Monday, giving me the opportunity to check out Andi's Café, a culinary oasis surrounded by a sea of fast food. After some initial adjustments in expectations, hours and menu in the 2 years since she opened, owner **Andi Pile** found a niche no one around could fill; honest to goodness real food, expertly prepared. Food like Momma used to make when she was in a real good mood.

I liked the place as soon as I walked in. I was greeted by a three quarter full, suprisingly roomy 20 table dining room, with custard yellow walls, lots of charming antiques, black ductwork ceiling, ostrich feathers accents and a charming waiting area with comfy pillows and afghans draping the eclectic assortment of fanny rests. Obviously Andi's is the kind of place people are willing to wait for a table at.

I figured I would be a good girl and could get a nice salad there, and I was right. I could have. I saw other folks enjoying a beautiful Oriental Chicken Salad (9.25) and a very tempting Caesar (7.5), along with the accompanying warm, homemade sourdough rolls. However, Andi's offers an appetizing selection of hot and cold sandwiches from the generously sized burger (7.25) to the Ribeye Steak Sandwich (9.95), and I was in a sandwich mood. All sandwiches are served with a choice of seasoned fries, salad or soup, including the locally favorite Kitchen Sink Soup. Despite some serious waffling on my part between the Grilled Turkey, Bacon and Jack Cheese and the Turkey Tacos, I compromised and "settled" for my absolute favorite, the Pastrami Melt. Being on the job, I chose to forgo a chilled bottle of brewski and go for the very good, freshly brewed iced tea, a refreshing choice after slamming diet sodas all day. The food smells alone had

me drooling by the time my meal arrived, which was pretty fast. The Pastrami Melt was accompanied by an ample serving of green salad. While I don't find iceberg lettuce anything to dance and sing about, at least it was crisp and fresh, redeemed by some flavorful, garlicky homemade croutons. The mere sight of the sandwich itself brought a broad smile to my face. Pastrami and melted cheese were piled high over plenty of sliced tomatoes, red onions, crisp pickles and green leaf lettuce, all cradled on an open faced, soft, slightly chewy, perfectly grilled square-cut French roll slathered with mayo and mustard. Folding it closed to eat it (not an easy task) gave me a generous double handful of some of my favorite flavors on earth.

While I haven't yet had the opportunity to try it myself, some of the other diners told me that Andi's serves an excellent breakfast 7 days a week, with reasonable prices. You can get a nice variety of tasty omelets, steak and eggs, hot links, a breakfast burrito, even homemade biscuits and gravy. Andi's serves Whole Wheat and Walnut pancakes, Eggs Benedict, and Corned Beef Hash, with all egg dishes and omelets served with your choice of potatoes or breakfast rice, a combination of onions, bell peppers, bacon and rice, "seasoned to perfection". You can even get yogurt, oatmeal and cold cereal.

Having investigated the dessert case on the way in, I felt obliged to check out the "Homemade Baked Goods" claim. The muffins looked good, as did the freshly baked cookies, and I would have tried the cheesecake, or perhaps a piece of pie, but alas, they were all out. While the luscious looking carrot and chocolate cakes were tempting, I decided on one of their giant cinnamon rolls and a lemon bar, both washed down with a Java City Mocha Cappuccino. As it was, I could only get down half of the lip smacking lemon bar and half

the cinnamon roll, which was tender, generously frosted and huge. My roommate saved me from myself by consuming the other two halves, which won her over, putting me in a position of having to promise to take her to Andi's for brunch Sunday, a request I didn't object too strenuously to, I must admit. Andi's Café doesn't jump out at you from the road, but once you eat there, you'll never forget where it's at. Drive up in front of the entrance of Ralph's market, look toward Bradshaw, and you'll see the back of it. Park there, and walk around to the front. ▼

Andi's Café is at 3635 Bradshaw Rd, and they're open Monday-Friday 6 am-2 pm, and Saturday & Sunday 7am-1pm for breakfast only. And if you call ahead, 368-2233, they will have your order ready to go, and will gladly low-carb anything on the menu.

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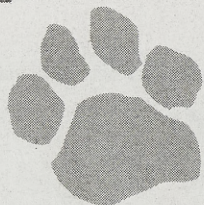
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Out with

# Pets

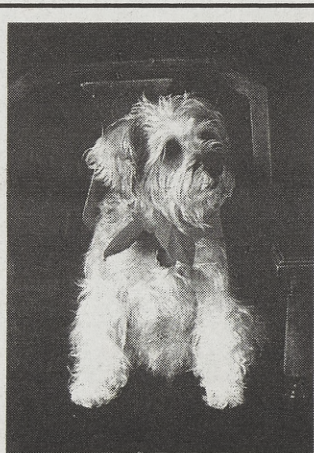


By Maggie Bowen  
MGW Staff

Dear Tabby,

*My humans are talking to each other about adding a bird to our pet menagerie. I'm not sure this is a very good idea. What kind of recommendations can you make for them and for me?*

Birdon T. Feline in Antelope



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Dear Birdon,

There are a lot of factors to consider when getting a bird. Such as: Are there other pets in the household? Are there children in the household? Will the bird be kept indoors

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or outdoors? If indoors, will it be free flying or caged? Is it a short lived or long-lived bird?

Tabby will try to answer as many questions as possible, but bear in mind that Tabby's experience with birds is limited to backyard viewing and watching her older brothers stalk them and occasionally experience her human's wrath when she observed her brothers bring birds inside as trophies to bleed all over the stairs and carpets. The human did try to save the birds by calling the local bird rescue folks, but found out that, sadly, any bird whose epidermis has been punctured by a cat's teeth usually dies because the bacteria on the teeth is deadly to birds. One of Tabby's older cat friends did live with a cockatiel once. The cockatiel was allowed to fly around the house, but mostly stayed in his own room on a perch near the mirror, so did not tempt Tabby's friend who was able to restrain himself from attacking the bird.

A human who has no experience with birds should probably not start with an expensive bird, because they need to learn the arduous care and responsibility that a bird demands. If the bird is for a young child then doves or pigeons make good first pets. As birds go they are gentle and easily cared for and are not a biting danger. They are also inexpensive and easily replaced.

For older children budgies and cockatiels work well, if the children take the time to train the bird. Cockatiels can live up to 35 years; so taking on one of these can be a long time responsibility. Cockatiels can be trained, but also maintain a sense of

independence. They will bite, but the injury will only be a small puncture, so the bird and child can train each other as to their limits.

Older teenagers might like a conure or conure-like species. These birds can be hand fed—make sure you get one that is fully weaned and already hand-fed—and they are noisy. But for teenagers who like heavy metal music, this is no problem.

A good apartment pet is a Senegal. They are reputed to be relatively quiet, have gentle natures and great intelligence, including enhanced speaking abilities. Grey-cheeked parakeets also make great pets.

If your humans want a larger bird, say in the parrot class, then there are also many choices. Birds in the parrot family can live upwards of 150 years, so humans must be careful when adopting a bird that may have developed bad habits from a previous owner. The Yellow-naped Amazons are favorably compared to cats in that they are inquisitive, intelligent and somewhat aloof, as well as vocal and very independent. They have limitations like, "You can pet me there, but not here," or "Don't squeeze or I'll bite." Cockatoos are similar to dogs in that they thrive on affection and touch but do not talk very much.

I have been told that the Scarlet macaws are schizophrenic and are not to be trusted. They will give their human a kiss one day and bite their ear off the next. This behavior usually appears when they reach breeding age at two to three years.

For those who just want birds to watch, then finches are called the "flying jewels."

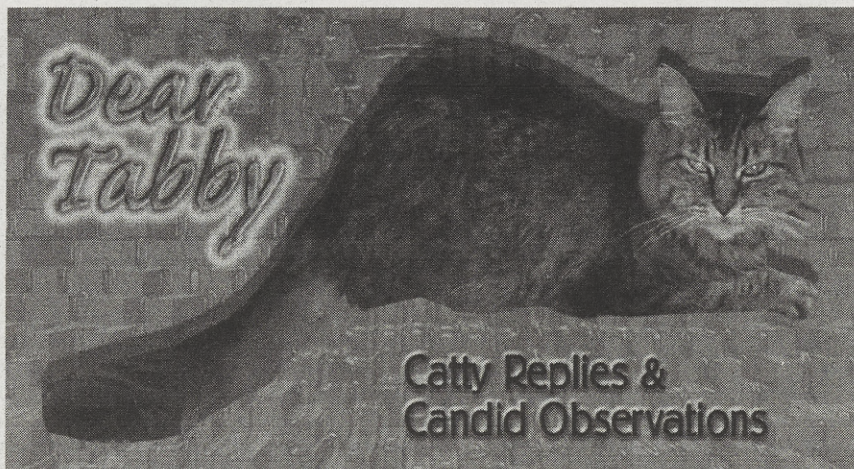
They are very active, easy to maintain and fun to watch, for both the human and the cat. Canaries are also fun to watch and they are great singers.

Of course I have touched on only a few of the many bird types that are available, and you should encourage your human to ask lots of questions and do serious research before adding a bird to the mix of other pets. Birds require more care than either a cat or a dog and are more likely to have serious health problems if their diet is not nutritionally exact or if they are left in areas where there are drafts or kitchen fumes. (e.g., Teflon fumes are poisonous to birds.) Their cages and dishes must be disinfected on a regular basis. Their nails, beaks and feathers must also be groomed regularly and birds need frequent baths as well.

That said, many humans who know the love of a bird would never have another pet, despite the care they require. This says to Tabby that there is something very worthwhile about a bird for those who are willing to provide the rigorous care that the species demands.

While it is a mystery to Tabby as to why any human would want a bird when a cat is available, she must conclude that humans are "gluttons for punishment" and that the old cliché is true: "there is no accounting for taste," and even bad taste must be better than no taste at all. ▼

**If you have a question for Tabby please email [editor@mgwnews.com](mailto:editor@mgwnews.com) and put "Tabby" in the subject line.**



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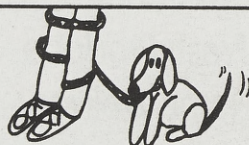
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## Travel

### I Love Vermont

continued from pg. 6

tourism association, of which The 1824 House is a member. Owned by **Karl Klein** and **John Lumbra**, I was not only impressed by the carpentry talents of Karl, but the artistry of John, an accomplished chef. The Inn itself is quite a place with comfortable feather beds and two common rooms and Civil Union receptions are held in their 150-year-old post and beam barn.

A four-course dinner menu can be had for a mere \$40 plus tax and gratuity. The menu might include Mussels in White wine & Garlic Sauce, the 1824 House Salad of Baby Leaf Lettuce, Toasted Pine nuts & 3 Shepherd's Cheese, from a local farm, Rack of Lamb with Thyme Oil and Blueberry Lemon Cream Tart.

Waitsfield itself is a wonderful little town and home to The Store, where, like couples who register at stores like Bloomingdale's (although some of us that would prefer Home Depot) seem to make



this unique store their choice.

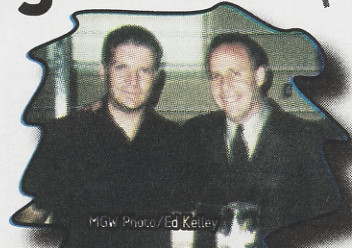
Of note, is the area encompassing Woodstock and Plymouth. There are two historical and peaceful inns. Deer Brook Inn, owned by **Jon Petrie** and **Jordan Phillips** is located in Plymouth. Proprietors **Davie Kanal** and **George Defina** run Salt Ash Inn, located in Woodstock. Warmer months offer biking, hiking, dyking (if you want), canoeing, horseback riding, ballooning, antiquing, and theatre. Area attractions include: Billings Farm and Museum, Woodstock Village, Star Hill Dairy and Calvin Coolidge Homestead. ▼

## Local

### Steinberg For Congress

By Ed Kelley  
MGW Staff

More than one hundred political and public supporters for **Darrell Steinberg** for Senate attended a political fundraiser. The event was held in the midtown home of **Ted Ross** and **Eric Jensen**. The fundraiser featured a full bar and a catered dinner. While this event was a feeler for Steinberg's bid for the Senate, there was no shortage of supporters and donors throughout the evening. The event ended with an auction, which included an assortment of restaurant gift certificates and baskets donated by various local merchants. ▼



Robert Dykema with  
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Andrea Jackson, Darrell Steinberg,  
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Hosts of the fundraiser Ted Ross and  
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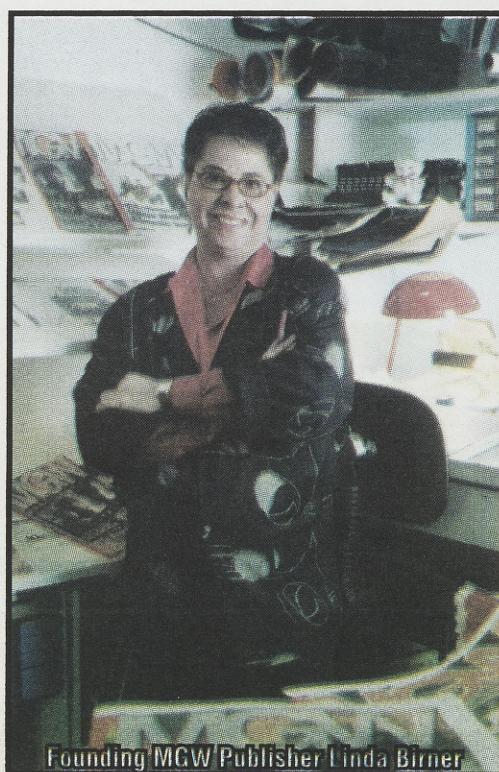
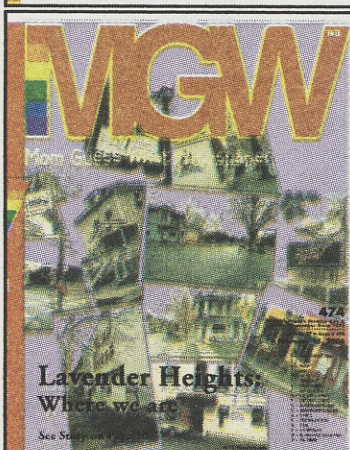
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# One Voice Can Make



MGW Photo / Jay Donnelly



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# Thank You

Continued from page 1

After twenty-six years of blood, sweat, and tears, Birner is finally handing over what she feels is her baby. As with most parents, they want their babies to be happy, healthy, and safe. Birner had no idea her offspring would evolve into one of the primary gay publication in Sacramento. "I didn't know it would last this long. I didn't know much about running a paper. I just picked up and learned things quick," Linda stated. Not only has Birner reported news, entertainment, and various information, Birner has also volunteered her time, money, and effort to numerous activities. These activities include involvement with the Sacramento Police Department, the Sacramento Sheriff's Advisory Board, and a variety of local political endeavors. As a result of this, Birner has received many accolades from Vic Fazio (Congress), Governor Gray Davis, and members of the assembly to name a few. Basically, over the last (nearly) three decades, Birner has established herself as a premier business woman in Sacramento. Through her business savvy and determination, MGW has consistently survived various ups and downs. Yet this influential publication has

always seemed to come out on top. "I'm a survivor," Birner once quoted. With her loyalty to the community, desire to be that voice, and her heart; Birner has always maintained a level of dignity and integrity in MGW. Passing on the torch has not been easy (as this is her baby); however, Birner feels the publication could not be receiving a better Publisher/Editor.

Birners' friendship with Davis has been a journey comparable to the formation of the newspaper. Initiating a working relationship nearly a decade ago, Davis came into Birner and MGW's life a boy with a strong voice and many aspirations. As the years continued to pass by, Birner has watched as Davis followed a similar path in activism, community involvement, as well as noting his achievements and growth. With a similar vision, Davis has already taken the torch to a brighter flame.

Stepping into the Publisher's role Davis has already begun re-designing daily operations within the office, as well as working to re-establish working relationships throughout the community. With only the notion of giving birth to the revised DGW



# Make A Difference!



One step closer to a little R&R

MGW Photo /Terry Dyer



Current MGW Publisher Jeffrey Davis

MGW Photo /Terry Dyer

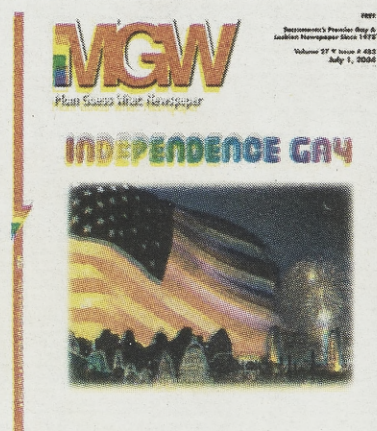
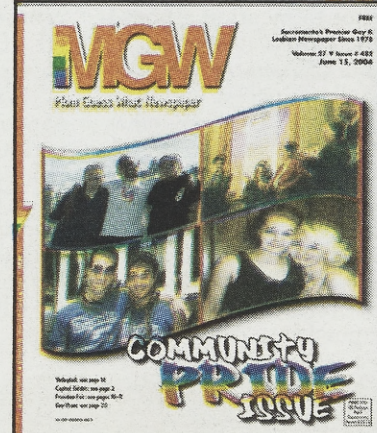
## You L.B.

Magazine (Dad Guess What) formerly published by Birner from 1995 to 1997, after months of consideration, Davis has taken over MGW with the same dedication, love and passion. The level of dedication is displayed as Davis works countless hours seven days a week as he prepares to merge both publications under a new company. Like Birner, Davis has also volunteered his time and efforts with the Redding Police Department, Shasta County HIV Advocacy Board, Lambda Alliance of Shasta College (President), as well as various other non-profit organizations.

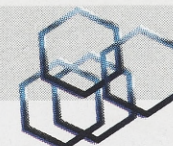
When asked about his new role, Davis passionately stated, "I'm eagerly looking forward to taking on such a challenge. It's definitely going to be difficult to step in after 26 years, but I am anxious to take a more active role in the community." Davis would like to take things to a whole new level of professionalism. A variety of changes are currently underway, and many have already been instilled as evident by the August 1st issue. Sometimes in life as with business, a new fresh perspective is warranted; Davis hopes to be just that. Plans include restoring and maintaining

a successful voice, as well as giving the paper a new look. "It's definitely going to be a difficult task and a lot of hard work, but at least I don't have to worry about pulling my hair out," Davis jokingly states, referring to his baldhead. Davis has stated that he will announce further details on the aspects and plans for the new company and for both publications very soon.

So what will Linda Birner do with all of her free time? Although Birner will be an advisor and consultant, when the need arises, Birner states that she hopes to rest (much needed), catch up with friends and family, play with her dogs, and garden. Birner also once joked that the office owed her 166 weeks of vacation. It is now time for her to enjoy that and so much more. Her predecessor Davis realizes that it is now his turn to burn the midnight oil. With lots of experience and heart, Linda has the utmost confidence in him. As for Mom Guess What! Newspaper; keep an eye out for its new look, as well as the care and passion found within its pages. MGW has twenty-six years in the books and is excited about the years to follow! ▼







# I, NOT ASIMOV

by Stefan Gruenwedel  
MGW Staff



The online chatter about a filmed adaptation of Isaac Asimov's celebrated series of short stories collectively called "I, Robot" has had many science fictions fans sitting on edge for years. Although many readers love his books, Hollywood decision makers have not found his stories terribly bankable. Brainy, introspective sci-fi literature doesn't translate well on the big screen in this country. Witness the box-office disappointing Bicentennial Man, A.I., and Solaris. Even though only the first of those is based on an Asimov story, concept-rich sci-fi seems better suited to the small screen (think of "Star Trek") rather than the multiplex.

On the whole, *I, Robot* is entertaining, but not for the reasons Asimov would have preferred. Indeed, if this summer blockbuster becomes a box-office smash at all—not to mention a hoped-for franchise—it won't be because of Asimov's gift as a storyteller. Success will occur in spite of it. This movie has precious little to do with the collection of stories the famed writer first published in 1950 when the idea of humanoid thinking robots was far-out. His stories challenged man's superstitious fear of machines. He argued that robots'

superior logic produced superior ethical behavior.

Instead, the movie *I, Robot* is merely "suggested by" the book "I, Robot." Jeff Vintar's screenplay is essentially a man vs. aliens yarn where the aliens are robots and Asimov's only presence exists in his "Three Laws of Robotics" dogma.

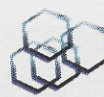
The reason for this change is simple: Technology enamors us much less than it did half a century ago. Back then computers could do anything and solve our problems. Nowadays, computers merely occupy our days and nights and mostly make more work for us in the office. We're more skeptical of technological cure-alls. Sure enough, *I, Robot* feeds off our modern paranoia about loss of liberty and privacy. In place of terrorist threats is the coming of the age of robots: one in every house and on every street corner. Isn't that something the Department of Homeland Security would just love?

Will Smith plays a Del Spooner, a police detective with a hot bod who does not hide his disdain for the robots that increasingly invade the world around him. Even his grandmother has succumbed to their helpfulness around the house. Whereas others see an able assistant, Spooner

senses an interloper in human affairs: maybe not inherently dangerous but not to be trusted either. His reasons have some foundation, too, because of his troubled past. But they are not adequately explained, despite their seeming relevance to the story.

He is called upon to investigate the sudden death of Dr. Alfred Lanning (James Cromwell), one of the chief architects of the robotics movement. Assisting him is US Robotics company psychologist Susan Calvin (Bridget Moynahan), whose cold, official demeanor is naturally at odds with Spooner's emotional behavior. (Of course, she warms up and lets her hair down over the course of the film to assure us of her love-interest potential.) Time is of the essence because the company plans to roll out a new model of robot across the country and the last thing they need is bad publicity. Problem is, Spooner can't shake the feeling that a robot is involved, despite the restrictions imposed by the Three Laws.

It turns out that a new brand of robot, Sonny (Alan Tudyk), was in the vicinity of Lanning when he fell inexplicably out of a high-rise window. Sonny thinks differently than other robots.



## *I, Robot*

Starring: Will Smith, Bridget Moynahan,

Alan Tudyk, James Cromwell.

Directed by Alex Proyas.

(Rated PG-13, 114 min.)

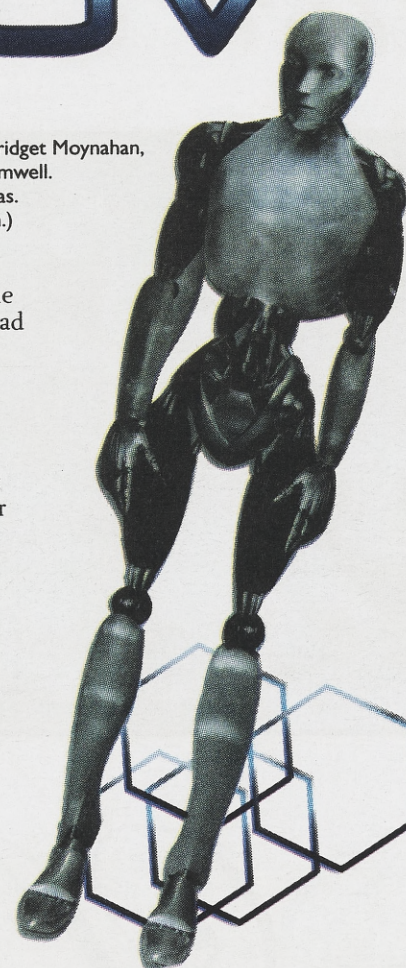
The question is whether he is different in a good or bad way.

*I, Robot* begins with an interesting premise. Halfway into the film, however, it shifts gears and becomes more prosaic and less plausible. Spooner finds himself fending off numerous attacks on his life and yet is unable to convince others about the dangers he foresees.

The robots turn out to be a menace after all. Not because of their inherent qualities but because of their marching orders from central command. How surprising is that? We know Spooner won't get killed because he's the hero, so the only drama arises from exactly how he will be able to convince the right people at the right time to help him save humanity—or at least the people in Chicago. In the end, this is pretty forgettable stuff.

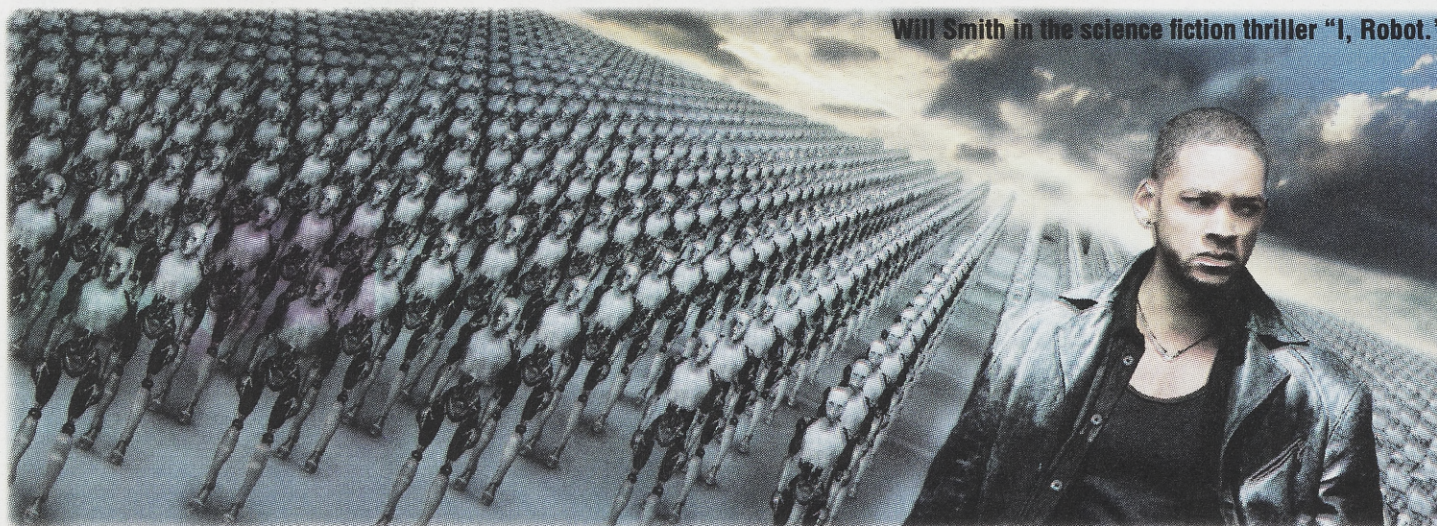
In comparison, the original screenplay, called "Hardwired," apparently a classical-style murder mystery involving robots adhering to the Three Laws of Robotics, sounds more interesting, if less like blockbuster material.

As is generally the case



these days, the special effects are terrific. They show just a glimpse of a world that would be fun to explore at a more leisurely pace. Sonny looks like the real deal, thanks to the sort of computer animation effects that created Gollum in *The Lord of the Rings*. But the city of Chicago looks too futuristic for the year 2035. You'd think they'd pick a year further in the future to make the situations affecting the characters seem more plausible.

The film's saving grace is Smith, who tones down the silliness that you might expect from such a movie as this. Actually, Spooner's interaction with his granny (Adrian Ricard) is quite enjoyable. She is one of a few characters we see embracing robots into their lives. It's a mind-set that is touched on briefly but not enough to give it the impact it deserves. ▼



Will Smith in the science fiction thriller "I, Robot."

*I, Robot* plays at area theaters.  
Info: [www.irobotmovie.com](http://www.irobotmovie.com) and  
[www.irobotnow.com](http://www.irobotnow.com)



## How To Make Love and Dinner ...at the Same Time:

By Katrina Torres  
MGW Staff

### 200 Slow Cooker Recipes to Heat up the Bedroom Instead of the Kitchen

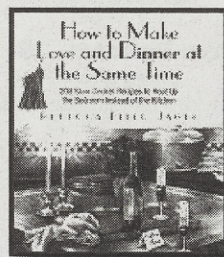
Jeez, people! The name says it all! You've got better hot things to slave (or slaver) over than a stove! Why not satisfy one appetite while you're building another? It's time for that never-been-out-of-it's-box slow cooker Uncle Betty gave you at your commitment ceremony to come out of the closet, and start spicing up your life in ways Uncle Betty never thought of (or maybe she did...could be she gave you the best present of all)! Think of all the fun things you could be doing while you're NOT in the kitchen, and I don't just mean in the boudoir. You could be curled up with your cat and a good book, sipping champagne in a luxurious bubble bath (without the cat), or showing that hot TV repair doll just how you want your circuits plugged in for maximum reception!

Slow cookers aren't just for Grandma anymore. In fact, Granny might be shocked if she found out what's really cooking while the Hot Pots brewing! And you don't even have to be a good cook to pull it off. In fact, you don't really even have to know how to cook, just how to follow a few simple directions, most of which start with "put this, that and the other into the slow cooker" and end with "cook on high/med/low for however many hours". Your slow cooker will turn out delicious meals with very little effort on your part, and you will get all the credit. And the aromas wafting into the bedroom will have your sweetheart wondering if you have other undiscovered talents!

There are 3 kinds of recipes in this book: the WhamBam, for when you want to get right down to it and do the deed in 7 minutes or less; the 20 minute or less QuickEase, with no extra fuss or muss and just right for your average busy day; and the 33 Minutes Recipes, which is the average amount of time it takes most couples to make love (including foreplay), and is also the longest total amount of time it will take to do any thoughtful little touches like browning the meat first or mixing up some ingredients (food foreplay) that you're not always in the mood to do. It will take you 33 minutes max to get the lid on the pot so you can spend all that pent up energy elsewhere while your dinner makes itself.

Imagine having your romantic afterglow enhanced by the aroma of Cider and Honey Glazed Pork Roast or Golden Cornish Hens on a Bed of Caramelized Onions? Or why not spend your next lazy, rainy day taking a long, blissful nap while your favorite comfort food cooks to perfection without one bit of attention from you? How about some Stuffed Green Peppers that would put Mama's to shame, or the Tender Tasty Meat Loaf? And next time you call in sick (real or imagined) wouldn't it be nice to enjoy a bowl of Comforting Chicken Stew with little more effort than it would take to sucker Ma into coming over and making you a pot (and without all the fussy health lectures and temperature taking)? You can sleep while it's cooking, and if you don't wake up right on schedule, who cares? A slow cooker meal will keep until you do!

So you don't have a slow cooker and don't have the first idea about how to choose one? Not to worry. Author Rebecca Field Jager covers all the basics, from looks and picking your type, to size (yes, size matters). She even covers technique. You'll be serving up something hot, juicy and delicious that will keep them coming back for more, and when you've satisfied that appetite, you can throw back the sheets and follow your nose to the kitchen to enjoy the first of many wonderful dinners that will be waiting patiently for you in your slow cooker! Bon Appetit! ▼



By Rebecca Field Jager  
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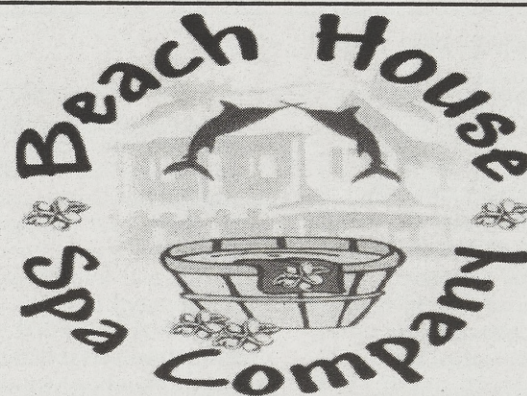
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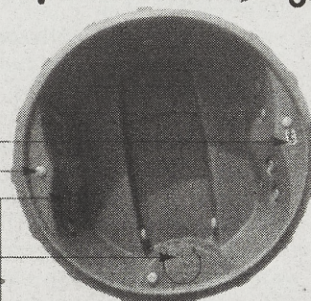
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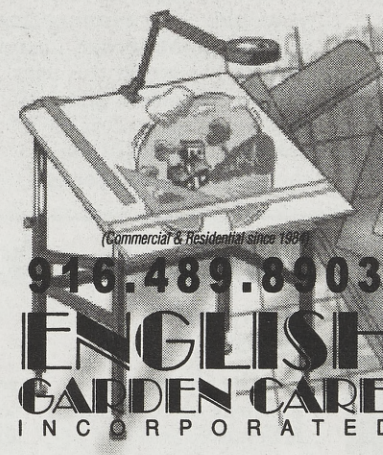
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## Trials Overshadowed With Scandal

Continued from page 1

Two of the days biggest highlights belonged to a veteran and a youngster. **Gail Devers**, two-time defending Olympic champion in the 100 meters and **Allyson Felix**, winner of the 200 meters got on the starting line with points to get across. Joking with reporters, Gail states, "...I love my sport...and if I have to stay on you guys to stay on the positive side, that's what I'm going to do." By winning the 100-meter hurdles, Gail made unprecedented history. She became the one of two athletes, male or female to make five Olympic teams ('88, '92, '96, '00, '04). She also claimed her tenth national hurdle title, and is deemed the greatest combination sprinter/hurdler in history. In the final, Gail narrowly won in a photo finish with a time of 12.547 seconds, while second place **Joanna Hayes** finished in 12.549 seconds. This flashy and exciting race inspired Gail to say a few words once crowned champion, "...I owe all of this to you, my fans. You guys are the reason why I am still running. You guys deserve so much and I can't thank you enough. If you would have asked me in '88 if I would be in Athens in '04, I would have said no way. But I'm here. Giving honor to God for all He's

brought me through, and you guys, my fans for all your love and support." Not only is Gail an incredible athlete, but this proved my point over the past ten years; she is also a genuine, caring, and humble person. A statement like this in a time of such scandal was absolutely perfect, and as a crowd member, wonderful to hear.

Also shocking the crowd in a spectacular race was the young and extremely talented **Allyson Felix**. Beating a stellar field of competitors (including former world champion **Inger Miller**), Allyson took charge with 125 meters to go and never looked back. When asked about handling the pressure and being so young, she had this to say, "It's just great to have so many young people on this Olympic team...I'm in great company. There's so many of us, and we're all excited, passionate and we're just ready to go." There are actually thirty-two athletes that are under the age of twenty-five. Allyson represents the youngest athlete on the team at 18 years old. Her winning time of 22.28 is the second fastest time in the world this year. Allyson became a phenom showing a great deal of potential last year when she broke **Marion Jones'**

American Junior 200-meter time at 22.11. Passing up on college running is seemingly working well for her. The other young bucks include:

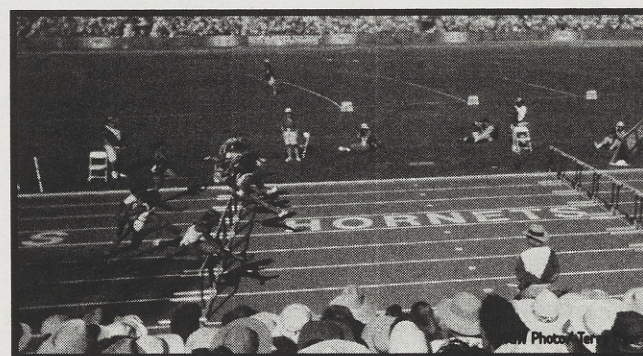
- **Alan Webb, 21**  
winner, 1500m  
(two second victory)
- **Sanya Richards, 19**  
second, 400m  
(broke her American Junior record)
- **Justin Gatlin, 22**  
second, 100m and 200m
- **Sheena Johnson, 21**  
winner, 400m hurdles  
(fastest time in the world)
- **Jeremy Wariner, 20**  
winner, 400m  
(second fastest time in the world)
- **Lauryn Williams, 20**  
third, 100m  
(has second fastest time in the world)
- **Muna Lee, 22**  
second, 200m  
(fourth fastest time in the world)

This is just a few of the young standouts heading to Athens. Many of these athletes feel the same way regarding the doping issues occurring in the world of track and field. This is not just an issue in the states, it also occurs with other countries. As I sat to watch the trials, I talked with people about the negativity,

not noticing that **Sanya Richards** was sitting next to me. After a couple of words and an autograph of course, I wished her good luck. Even with all of these positive things occurring and attempting to breathe life back into the sport, negativity still lingers overhead. With a decision (still being determined as of 7/21/04) of guilty for **Edwards**, **Gail Devers** could also compete in the 100 meters, as she would move into the third and final spot. If she chooses not to run that race, then it would go to the fifth place finisher, **Marion Jones**. A more political issue then surfaced by Nike. It seems that if this happens with the three runners, it is believed that Nike may lean Devers to make room for Jones ([www.mercurynews.com](http://www.mercurynews.com)). And the drama continues. Athens, Greece will

definitely be the "tell all." Track coaches and officials believe that we have a very strong team and they are positive on the outcome. The veterans of Devers, **Allan Johnson**, **Jearl Miles-Clark**, and **Marla Runyan** look to lead the youngsters of Felix, Richards, Johnson, and Trotter. A strong combination of both should fair very well. No matter what negativity is shined on the sport, there will always be the few who lives by the rules and wants nothing more but to win the Gold for the USA! ▼

For more information on the games and track/field, visit [www.usatf.org](http://www.usatf.org). The Olympic Games begin August 13th with opening ceremonies. Much of this information was compiled through knowledge of the sport, MSNBC, and other web sites mentioned.



Women's Hurdles

## Locals "Put It Down!" in L.A.

By Terry Dyer  
MGW Staff

In the illustrious words of comedian **Semore**, two Sacramento gay volleyball players put it down against other players in a Los Angeles tournament July 10-12th. Great defense and hard hitting took my team to a second place finish. The Los Angeles tournament was the first of many in the 2004-2005 North America Gay Volleyball Association's (NAGVA)

season. Players from southern and northern California played with and against players from Chicago and Minnesota. With thirty-four teams registered, this tournament promised to be exciting, dramatic, and competitive - and that it was!

The Competitive Volleyball Organization (CVO) hosted the two-day event in a warm Orange County.

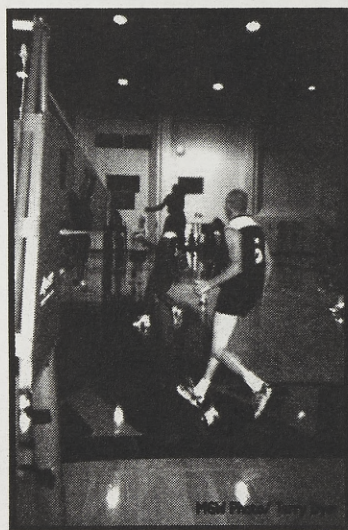
With good facilities, decent food, and great competition, it turned out to be a long weekend. Titled the Red White and Blue Ball 2004, the tournament was filled with three divisions - B, BB, and A. There were awards for first through third places, as well as All-Star teams and a MVP in each division.

**David Moorman** and I traveled to this tournament to play with teams of

different areas. David played in the BB division with Lords of the Court (team name). "I had a lot of fun. This was just to get me ready for Vegas," Moorman said.

I played with former national champions (2003) LA Tequila. They were a very competitive team, and they were great to play with. After the first day of competition, a second place finish was totally surprising. Representing

Sacramento was a blast to do with all of the southern cities in attendance. There are lots of players joining teams of different areas in order to play in these tournaments. This is typically the case, if a local team does not attend and/or the roster is full. Next stop for many of the gay Sacramento volleyballers is the big show down in Las Vegas, on Halloween weekend! ▼



Indoor Volleyball Action





## HIV Newsline

On the HIV Front

By Sonya Cox  
AIDS/HIV Editor

In Loving Memory  
of Friends Lost in  
August

### Free Condoms For Athens Olympics...

Condom maker Durex says it will supply 130,000 free condoms and 30,000 packets of lubricant to athletes for the upcoming Olympic Games in Athens. The

items will be available at the main pharmacy at the Olympic village, where thousands of competitors worldwide will live during the August 13-29 games. ▼

### China To Begin Sex-Ed In Kindergarten...

One of China's largest cities says it will offer new courses about sex and health care in kindergarten, primary, and middle schools, China Daily recently reported. Guangzhou's education bureau, in collaboration with its health department, has issued a new textbook about sex and health that includes sensitive issues such as masturbation. Previous books dealt only with anatomy.

"The number of students who have premarital sexual activities, and school girls who have induced abortion, are increasing now," said one official. He added that 15 percent of all city abortions were performed on girls under 20.

"Sex and health education in students' early years is necessary," he said, adding that most youths learn about sex from pornography and other "unhealthy sources." ▼

### Bill Gates To Donate Dividend Windfall...

Bill Gates says he will donate a projected \$3.35 billion windfall from Microsoft Corp.'s upcoming one-time \$3-a-share dividend to the Bill and Melinda Gates Foundation. Upon its donation, the money will go toward "improving equity in health, education and access to information and human services for vulnerable families," said Gates.

His Seattle-based foundation recently announced two major grants at the Bangkok International AIDS Conference that includes \$50 million extra -- in addition to an earlier \$100 million donation -- to the Global Fund to fight AIDS, TB and malaria. The foundation is also a significant force behind AIDS vaccine research, which coordinates the vaccine studies of researchers worldwide. ▼

### With Longer Lives, Some May See Dementia...

Some with HIV may risk developing chronic dementia similar to Alzheimer's disease as they age, said researchers at the recent International Conference on Alzheimer's Disease in Philadelphia.

Memory loss and other problems -- including high cholesterol, arthritis and diabetes -- affect many with HIV as they age, explains the director for HIV services at Alameda County Medical Center in Oakland. In the normal process of aging, a beta protein is produced that can damage brain cells, but the protein is broken down by the enzyme neprilysin, preventing the damage. However, in people with HIV, the Tat protein associated with HIV infection blocks the enzyme, allowing the accumulation of the beta protein, according to the Alzheimer's research report. The longer

a person has had HIV, the more the protein accumulates, regardless of age.

But, when combined with some components such as genetics, the unchecked accumulation of the beta protein may result in slow and devastating memory loss very different from the acute dementia that many experienced in their final months at the start of the epidemic.

Anti-retroviral drugs do not appear to slow the dementia, a University of California-San Francisco professor of laboratory medicine. It is not clear yet if new treatments for Alzheimer's patients, such as Aricept, which can temporarily hold off the onset of Alzheimer's, could help people with HIV dementia, but studies continue. ▼

### Tourists Returning With Diseases As Well As Souvenirs...

Increasingly, young people are returning from vacations abroad with HIV or other STDs, according to a new report by the Royal Hallamshire Hospital in Sheffield, England.

"A large proportion of people are having sexual intercourse with new partners when they go abroad... and are putting themselves at risk of sexually transmitted infections," says the report. Between the years 2000 and 2002, 69 percent of men born in the United Kingdom with heterosexually acquired HIV were infected through sex while abroad, as were a quarter of women, says the report. "Of these men, 22 percent were probably infected in Thailand," it says.

In one study of heterosexual British men, 21 percent of

syphilis infections were acquired abroad, and 9 percent of gonorrhea patients had had sex in a foreign country in the past three months. People under age 25 are particularly at high risk, says the study, thanks in part to alcohol use and the "date rape" drug Rohypnol.

But tourists who go abroad planning to have sex with strangers face the highest risk, and in some cases only 30-40 percent used condoms. Few travel companies and only about 3 percent of travel brochures offer information on safe sex or the risks associated with sex abroad, the study noted. Supplying this type of information could help lower STD infection rates for travelers. ▼

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- August 1988:**  
Mark Minix • Harold Fuller, Jr.
- August 1989:**  
Michael Hartig • Rajir
- August 1990:**  
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- August 1991:**  
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Nathan McClinton • Rick D. Baker  
David Damon
- August 1993:**  
Janet Rogers • Jim Ballew  
Floyd G. • Gary S.  
Ross Miller • Sean M.  
Stephen Endean • Doug Schaeffer  
William Revels • Carl Hoover
- August 1994:**  
Bill Simmons • Brent Hart ("Brenda")  
Art Hunter ("Summer Storm") • John Hobe  
John Tobey • Patrick Pettit  
Anthony Gallego • Larry Rossi  
Stephen Bauer • Larry Adams  
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Joseph Chiodo • Timothy Monet  
Daniel S. • Lawrence B.  
Michael H. • Janise P.  
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David Ortiz • Rob Eichelberg  
Eric Kasner
- August 1996:**  
Frank Chico • Karen Jared  
Kevin R. • Tom K.  
Howard N. • Jim H.  
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- August 1997:**  
Michael Bender
- August 1998:**  
Dave Sapp • Robert Mitchell  
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Dennie Gindraft • Jeffery Egbrett  
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Wittnie P.

As long as you are remembered, you live!

To add the names of loved ones to MGW's remembrance column, call 737-0309.

For info about creating a NAMES Project AIDS memorial panel, call 484-5646.





## Health + Wellness

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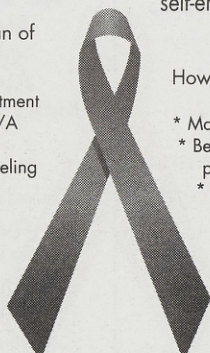
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CARES' coordinated plan of care includes:

- \* HIV/AIDS Medical Treatment
- \* Primary Care for PLWH/A
- \* Mental Health Services
- \* Substance Abuse Counseling
- \* Case Management
- \* Health & Nutritional Education
- \* Housing and Financial Assistance
- \* On-Site Pharmacy
- \* Full Service Dental Clinic



How you can support CARES:

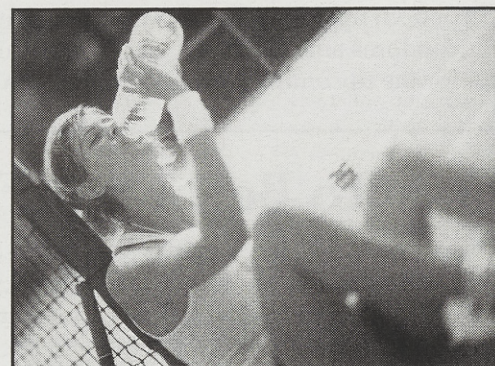
- \* Make an individual donation
- \* Become a corporate partner and provide direct support of services
- \* Become a corporate sponsor of a CARES fundraising event
- \* Form a Team or walk individually for CARES at the Sacramento Valley AIDS Walk every September
- \* Volunteer

## H2O 4 YOUR SKIN

By Deborah Frank  
MGW Staff

The importance of water cannot be stressed enough. Our bodies are mostly made up of water and our skin requires daily hydration in order to maintain a healthful appearance. We want to avoid a dry, flaky and wrinkled face as much as possible right? So, what are the "rules" when it comes to water consumption? First, it is no secret that we should all be drinking more water than we do. And secondly, martinis do NOT count toward fulfilling your water requirement for the day! A minimum of 8-8oz. glasses of water daily is recommended for everyone. In addition, a person needs to consume even more than the minimum if they work out or work at a very demanding, physical job. Also, keep in mind that for every caffeinated or alcoholic beverage consumed, another 8 oz. of water should be added to the daily total. Now, this may seem like an unreasonable amount of water. But, believe it or not, it is possible and gets easier with time. Thirst is actually our bodies' last symptom of dehydration. Once someone begins drinking the proper amount of water, the body quickly adjusts. As this occurs, thirst increases which makes water consumption easier.

Skin responds to proper hydration in numerous ways. Water reduces the appearance of wrinkles and plumps up the fine lines in the skin. Skin that is hydrated actually stops producing excess oil, which is



a major benefit for those who suffer from acne. Less oil equals fewer breakouts, which is why people who drink more water have clearer skin. When skin is not receiving sufficient water, it attempts to moisturize itself by producing oil. The skin is thought to be the "window to the body's health", if you see someone who has a dull look to their skin and their lips appear dry...chances are good that their entire body is suffering from dehydration which is not good.

Try to increase the amount of water you consume daily by starting out slowly. No need to attempt drinking a ton of water when your body is not used to it. Shoot for 4-8oz. glasses to start and work up from there. Add a squeeze of fresh lemon or lime and lots of crushed ice. Turn water drinking into a tasty, refreshing beverage and it can be quite palatable. Water will quench your thirst, and give your face a healthy glow. CHEERS! ▼

### E

1 Dr. Cameron T. Yee  
OPTOMETRY

### M E

- 2 • eye examinations
- contact lenses
- sports vision
- glasses & sunglasses

### W E

3 6407 Riverside Boulevard  
395-0673

### M W E

### M E W M

5

STRESS RECOVERY 443.7171  
COMING OUT HIV SELF ESTEEM  
RELATIONSHIPS  
DEPRESSION  
GRIEF  
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## Acne

Acne is one of the most common problems that plague adolescents and in some cases even adults. In fact it is the most common skin disorder in the United States, seen most often in those between 16 and 18 years of age. Fortunately it is only a skin disorder and does not affect one's physical health in general. But it can cause embarrassment in social situations and can result in a lowering of confidence.

During teenage years the sebaceous glands (or skin oil glands) are at their most active and produce more oil. In acne sufferers the oil gets blocked at the openings of the pores and creates a whitehead. If the whitehead is opened up and exposed to the air it becomes what is called a blackhead. Acne develops when the trapped oil leaks onto the surrounding skin causing pimples and cysts to develop, mainly on the face but acne can also develop on the chest, back, neck, arms and shoulders.

It is estimated that there are 18,000,000 individuals affected by acne in the U.S., mostly teenaged boys because they have more oily skin though girls are affected too. Heredity seems to play a role. But the myth that certain foods cause acne seems to be just that, a myth. But if you feel a certain food worsens your acne, do not continue eating it.

It may make it worse. Foods that have been reported to worsen acne (though it varies from individual to individual) include:

- chocolate
- nuts
- milk (more than one quart per day)
- cola

To find out if a certain food aggravates your acne, stop eating it for a month and see if there is an improvement. Then see by eating a large amount of the food you suspect worsens your case. If your skin problem indeed worsens, try this again to rule out coincidence and then stay away from the food if you feel it worsens your condition.

Dirt does not cause acne either and it is best to use simple soap and water to clean your face and only as often as needed to keep it clean.

You can't stop acne from occurring since your oil glands cannot be changed. And there is little you can do to shorten the length of time you will have it. Acne seems to get better or worse on its own. Stress may be a factor in the worsening of acne as it tends to worsen before typical teenage events such as proms or exams. Acne is not considered an infection -- you can't catch it or give it. ▼



# Calendar

# Calendar

## AUGUST

### 1 SUNDAY

**Antique Quilt & Vintage Clothing Show**, Folsom History Museum, 985-2707

**Sexual Compulsives Anonymous**, 5pm- 6:30pm, www.lambdasac.org  
**Women's Coming Out Group**, 6pm- 7:30pm, www.lambdasac.org

### 2 MONDAY

**All Star AIDS Benefit Concert**, SF Fine Arts Theatre 415-273-1620  
**Lambda Law Referral Service**, 5:30pm- 9pm, www.lambdasac.org  
**Men's Coming Out Group**, 6pm- 7:30pm, www.lambdasac.org  
**Men's Discussion Group**, 6:30pm- 8pm, www.lambdasac.org  
**Over The Rainbow NA Group**, 8pm- 9pm, www.lambdasac.org

### 3 TUESDAY

**Tuesday Farmers Market**, 10am- 2pm, Roosevelt Park, www.downtownsac.org  
**Weight Watchers**, 5pm- 5:45pm, www.lambdasac.org  
**Survivors of Domestic Violence/ Sexual Assault**, 6pm- 7pm, www.lambdasac.org

### 4 WEDNESDAY

**Wednesday Farmers Market**, 10am- 2pm, Cesar Chavez Plaza, www.downtownsac.org  
**For Youth, By Youth GLBTQ Youth Support Group**, 6:30pm- 8pm, www.lambdasac.org  
**Womyn on Wednesdays**, 7pm- 9pm, www.lambdasac.org

### 5 THURSDAY

**Alicia Champion, Danielle Lo Presti and The Masses**, with Downboy 9pm at The Distillery (2107 L Street)  
**Thursday Farmers Market**, 10am- 2pm, Westfield Shoppingtown, www.downtownsac.org  
**Weight Watchers**, 6- 6:45pm, www.lambdasac.org  
**Circle of Friends**, 7:30- 9pm, www.lambdasac.org  
**Learn Real Estate Investing**, 7-9pm, ccwealthbuilders.com

### 6 FRIDAY

**Friday Night Concerts in the Park**, 5pm- 9pm, Cesar Chavez Plaza, www.downtownsac.org  
**Jam Night**, Club 21

"Alicia Rocks, pure and simple"  
 -Melissa Etheridge

**Alicia Champion**

with  
**Danielle Lo Presti and The Masses**

and  
**Downboy**

www.aliciachampion.com  
 www.sayitrecords.com  
 www.downboyband.com

Thursday, 8/5 - 9pm  
 @ The Distillery - 2107 L Street

**Youth Group**, 8pm- 9:30pm, www.lambdasac.org  
**Café Lambda**, 9:30pm-12am, www.lambdasac.org

### 7 SATURDAY

**Coffee Out @ the True Love Café**, 7pm, True Love Café, 24th & J, gsac@couple-national.org  
**El Encuentro; GLBT Latinos Conference**, Seattle Airport Hilton, 202-408-5380 ext.108

### 8 SUNDAY

**Sexual Compulsives Anonymous**, 5pm- 6:30pm, www.lambdasac.org  
**Women's Coming Out Group**, 6pm- 7:30pm, www.lambdasac.org  
**Faces Sunday Night Dance**, 11pm dance bar, faces.net  
**El Encuentro; GLBT Latinos Conference**, Seattle Airport Hilton, 202-408-5380 ext.108

### 9 MONDAY

**Lambda Law Referral Service**, 5:30pm- 9pm, www.lambdasac.org  
**Men's Coming Out Group**, 6pm- 7:30pm, www.lambdasac.org  
**Men's Discussion Group**, 6:30pm- 8pm, www.lambdasac.org  
**Over The Rainbow NA Group**, 8pm- 9pm, www.lambdasac.org  
**Faces 80's Night**, 11pm, dance bar, faces.net  
**El Encuentro; GLBT Latinos Conference**, Seattle Airport Hilton, 202-408-5380 ext.108

### 10 TUESDAY

**Tuesday Farmers Market**, 10am- 2pm, Roosevelt Park, www.downtownsac.org  
**Weight Watchers**, 5pm- 5:45pm, www.lambdasac.org  
**Survivors of Domestic Violence/ Sexual Assault**, 6pm- 7pm, www.lambdasac.org

### 11 WEDNESDAY

**Northern Cal GSA Activist Camp**, 8/11- 8/13, Oakland  
**Wednesday Farmers Market**, 10am- 2pm, Cesar Chavez Plaza, www.downtownsac.org  
**For Youth, By Youth GLBTQ Youth Support Group**, 6:30pm- 8pm, www.lambdasac.org

**Womyn on Wednesdays**, 7pm- 9pm, www.lambdasac.org

### 12 THURSDAY

**Thursday Farmers Market**, 10am- 2pm, Westfield Shoppingtown, www.downtownsac.org  
**Weight Watchers**, 6- 6:45pm, www.lambdasac.org  
**Circle of Friends**, 7:30- 9pm, www.lambdasac.org

### 13 FRIDAY

**Leatherboy Regional Contest**, 8/13- 8/15, Guerneville, 916-442-0666  
**Youth Group**, 8pm- 9:30pm, www.lambdasac.org  
**Café Lambda**, 9:30pm-12am, www.lambdasac.org  
**Faces AIDS Walk Registration**, 7:30pm, faces.net

### 14 SATURDAY

**GSAC General Meeting**, 7pm, gsac@couple-national.org  
**Second Saturday Artist's Reception**, Lavendar Library, 6-9pm, lavendarlibrary.com  
**NMHP Collectibles & Book Sale**, 11am-5pm, Florin Mall, nmhpsacto.org

### 15 SUNDAY

**Sexual Compulsives Anonymous**, 5pm- 6:30pm, www.lambdasac.org  
**Women's Coming Out Group**, 6pm- 7:30pm, www.lambdasac.org  
**Faces Sunday Night Dance**, 11pm in dance bar, faces.net  
**NMHP Collectibles & Book Sale**, 11am-5pm, Florin Mall, nmhpsacto.org

### 16 MONDAY

**Lambda Law Referral Service**, 5:30pm- 9pm, www.lambdasac.org  
**Men's Coming Out Group**, 6pm- 7:30pm, www.lambdasac.org  
**Men's Discussion Group**, 6:30pm- 8pm, www.lambdasac.org  
**Over The Rainbow NA Group**, 8pm- 9pm, www.lambdasac.org

### 17 TUESDAY

**Tuesday Farmers Market**, 10am- 2pm, Roosevelt Park, www.downtownsac.org  
**Weight Watchers**, 5pm- 5:45pm,

## SUBMITTING CALENDAR ITEMS

The Calendar is provided as a community service and is subject to editor's discretions and availability of space. Photos may be submitted; please mail prints with SASE or E-mail hi-resolution (300 dpi) JPEGs, TIFs, or PDFs. Calendar items should be typewritten and received at least three weeks before publication. Event sponsors must be nonprofit organizations.

Please include: \* Name of the event \* Times and dates \* Event location and address \* Name of sponsoring organization \* Phone numbers and URL's

Send items to :MGW Newspaper: 1103 T Street \* Sacramento, CA 95814  
 email: calendar@mgwnews.com

www.lambdasac.org  
**Survivors of Domestic Violence/ Sexual Assault**, 6pm- 7pm, www.lambdasac.org

### 18 WEDNESDAY

**Wednesday Farmers Market**, 10am- 2pm, Cesar Chavez Plaza, www.downtownsac.org  
**For Youth, By Youth GLBTQ Youth Support Group**, 6:30pm- 8pm, www.lambdasac.org  
**Womyn on Wednesdays**, 7pm- 9pm, www.lambdasac.org

### 19 THURSDAY

**Thursday Farmers Market**, 10am- 2pm, Westfield Shoppingtown, www.downtownsac.org  
**Weight Watchers**, 6- 6:45pm, www.lambdasac.org  
**Circle of Friends**, 7:30- 9pm, www.lambdasac.org

### 20 FRIDAY

"The 3rd Friday": Free Salsa Lesson,

7pm, Club 21  
**Youth Group**, 8pm- 9:30pm, www.lambdasac.org  
**Café Lambda**, 9:30pm-12am, www.lambdasac.org

### 21 SATURDAY

**ISCCD Hollywood Goes Trailer Trash**, 6pm, Sudbud Hall, 574 E. 12th Street, Chico  
**CGNIE Ducal Ball 2004**, Vagabond Inn Executive - Arden, cgnie.com

### 22 SUNDAY

**Sexual Compulsives Anonymous**, 5pm- 6:30pm, www.lambdasac.org  
**Women's Coming Out Group**, 6pm- 7:30pm, www.lambdasac.org

### 23 MONDAY

**Lambda Law Referral Service**, 5:30pm- 9pm, www.lambdasac.org  
**Men's Coming Out Group**, 6pm- 7:30pm, www.lambdasac.org  
**Men's Discussion Group**, 6:30pm- 8pm, www.lambdasac.org



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# Calendar

# Calendar

**Over The Rainbow NA Group**, 8pm-9pm, [www.lambdasac.org](http://www.lambdasac.org)

## 24 TUESDAY

**Tuesday Farmers Market**, 10am-2pm, Roosevelt Park, [www.downtownsac.org](http://www.downtownsac.org)  
**Weight Watchers**, 5pm-5:45pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Survivors of Domestic Violence/ Sexual Assault**, 6pm-7pm, [www.lambdasac.org](http://www.lambdasac.org)

## 25 WEDNESDAY

**Log Cabin Republicans of Sac meeting**, 7pm, [logcabinsacramento.org](http://logcabinsacramento.org)  
**Wednesday Farmers Market**, 10am-2pm, Cesar Chavez Plaza, [www.downtownsac.org](http://www.downtownsac.org)  
**For Youth, By Youth GLBTQ Youth Support Group**, 6:30pm-8pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Womyn on Wednesdays**, 7pm-9pm, [www.lambdasac.org](http://www.lambdasac.org)

## 26 THURSDAY

**Thursday Farmers Market**, 10am-2pm, Westfield Shoppingtown, [www.downtownsac.org](http://www.downtownsac.org)  
**Weight Watchers**, 6-6:45pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Circle of Friends**, 7:30-9pm, [www.lambdasac.org](http://www.lambdasac.org)

## 27 FRIDAY

**Faces Amateur Strip Contest**, 10pm in the video bar, [faces.net](http://faces.net)  
**Youth Group**, 8pm-9:30pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Cafe Lambda**, 9:30pm-12am, [www.lambdasac.org](http://www.lambdasac.org)

## 28 SATURDAY

**Weight Watchers**, 9-10am, [www.lambdasac.org](http://www.lambdasac.org)  
**Cafe Lambda**, 9pm-12am, [www.lambdasac.org](http://www.lambdasac.org)

## 29 SUNDAY

**Sexual Compulsives Anonymous**, 5pm-6:30pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Women's Coming Out Group**, 6pm-7:30pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Gay Fast Pitch Softball League Reunion**, 11am, Curtis Park

## 30 MONDAY

**Lambda Law Referral Service**, 5:30-9pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Men's Coming Out Group**, 6-7:30pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Men's Discussion Group**, 6:30pm-8pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Over The Rainbow NA Group**, 8-9pm, [www.lambdasac.org](http://www.lambdasac.org)

## 31 TUESDAY

**Tuesday Farmers Market**, 10am-2pm, Roosevelt Park, [www.downtownsac.org](http://www.downtownsac.org)  
**Weight Watchers**, 5pm-5:45pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Survivors of Domestic Violence/ Sexual Assault**, 6pm-7pm, [www.lambdasac.org](http://www.lambdasac.org)

# SEPTEMBER

## 1 WEDNESDAY

**Wednesday Farmers Market**, 10am-2pm, Cesar Chavez Plaza, [www.downtownsac.org](http://www.downtownsac.org)  
**For Youth, By Youth GLBTQ Youth Support Group**, 6:30pm-8pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Womyn on Wednesdays**, 7pm-9pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Faces Kamaikaze Karaoke Contest**, 11pm in the video bar, [faces.net](http://faces.net)

## 2 THURSDAY

**Monarchs play San Antonio Silver Stars**, 7pm, ARCO Arena,

[www.sacramentomonarchs.com](http://www.sacramentomonarchs.com)  
**Thursday Farmers Market**, 10am-2pm, Westfield Shoppingtown, [www.downtownsac.org](http://www.downtownsac.org)

## 3 FRIDAY

**Man Scouts**, 9/3-9/6, [www.manscouts.com](http://www.manscouts.com)  
**Youth Group**, 8pm-9:30pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Cafe Lambda**, 9:30pm-12am, [www.lambdasac.org](http://www.lambdasac.org)

## 4 SATURDAY

**Weight Watchers**, 9-10am, [www.lambdasac.org](http://www.lambdasac.org)  
**Cafe Lambda**, 9pm-12am, [www.lambdasac.org](http://www.lambdasac.org)  
**Millbrae Art & Wine Festival**, 10am-5pm, Broadway Avenue, Millbrae, [www.miramarevents.com](http://www.miramarevents.com)

## 5 SUNDAY

**Sexual Compulsives Anonymous**, 5pm-6:30pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Women's Coming Out Group**, 6pm-7:30pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Millbrae Art & Wine Festival**, 10am-5pm, Broadway Avenue, Millbrae, [www.miramarevents.com](http://www.miramarevents.com)

## 6 MONDAY

**Lambda Law Referral Service**, 5:30-9pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Men's Coming Out Group**, 6-7:30pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Men's Discussion Group**, 6:30pm-8pm, [www.lambdasac.org](http://www.lambdasac.org)  
**Over The Rainbow NA Group**, 8-9pm, [www.lambdasac.org](http://www.lambdasac.org)

## 7 TUESDAY

**Tuesday Farmers Market**, 10am-2pm, Roosevelt Park, [www.downtownsac.org](http://www.downtownsac.org)  
**Weight Watchers**, 5pm-5:45pm, [www.lambdasac.org](http://www.lambdasac.org)

## MASTER EVENTS CALENDAR

Palm Springs Intl. Film Festival, [www.palm-springs.org](http://www.palm-springs.org)  
 Sacramento Freedom Fair, 442-0185  
 Los Angeles Pride Parade, [www.lapride.org](http://www.lapride.org)  
 San Francisco Pride Parade, 415-864-0831, [sfpride.org](http://sfpride.org)  
 Michigan Womyn's Music Festival, 231-757-4766  
 Provincetown GLBT Family Week, 619-296-0199, [familypride.org](http://familypride.org)  
 Sacramento Sierra Stampede, 978-4040  
 Strawberry Music Festival [strawberrymusic.com](http://strawberrymusic.com)  
 Sacramento Rainbow Festival 2003, 448-7798  
 Folsom Street Fair San Francisco  
 Chico Pride Festival, [chicoprider2001@hotmail.com](mailto:chicoprider2001@hotmail.com)  
 Sacramento Valley Aids Walk  
 Palm Springs Short Film Festival, [www.palm-springs.org](http://www.palm-springs.org)  
 S.F. Castro Street Fair, 415-467-3354  
 National Coming Out Day  
 Breast Cancer Awareness Month  
 Out on Film-GLBT Film Festival, [www.palm-springs.org](http://www.palm-springs.org)  
 Greater Palm Springs Pride, [www.palm-springs.org](http://www.palm-springs.org)  
 California Domestic Partners Law Anniversary  
 S.F. Harvey Milk and George Moscone Killed

January 8-9, 2004  
 June 5, 2004  
 June 22, 2004  
 June 28-29, 2004  
 August 2004  
 August 2004  
 August 2004  
 August 28-September 1, 2004  
 Labor Day Weekend  
 September 2004  
 September 2004  
 September 2004  
 September 2004  
 October 2004  
 October 2004  
 October 2004  
 October 2004  
 November 5-6, 2004  
 November 16, 2002  
 November 27, 1978

## ART GALLERIES

**20th Street Art Gallery**  
 911 20th St., 930-0500,  
[www.20thstart.com](http://www.20thstart.com)

**BAMFPA**  
 Matrix 212: Eija-Liisa Ahtila Intention to Fail, July 11 thru August 5  
 2625 Durant Avenue #2250, Berkeley, 510-642-0808  
**Chroma Gallery**  
 American River Scenes, thru July 4; The Colors of Freedom, July 10 thru August 8  
 10030 Fair Oaks Blvd., Fair Oaks, 966-6020  
[www.thechromagallery.com](http://www.thechromagallery.com)

**Crocker Art Museum**  
 San Francisco & The Second Wave, thru July 11; The Blair Collection of Abstract Expressionism, thru July 11; Nenoir & His Circle: Works From An Intimate Collection, thru July 11; Humanimals and their Kin: The Art of Gerald Heffernan, thru August 22; Mongolian Art: A Living Landscape, July 31 thru October 3; Indian Miniatures, July 31 thru October 3; Drawing in Italy from 1550-1650, September 11 thru November 7; Edward Weston: Life Work, November 20 thru January 30, 2005  
 216 O Street,  
[www.crockerartmuseum.org](http://www.crockerartmuseum.org)  
**Exploding Head Gallery**  
 If Only They Could Talk, thru July 3  
 924 12th St., 442-8424  
**Hang Art**  
 556 & 567 Sutter Street, SF 415-434-4264

**John Natsoulas Gallery**  
 Boyd Gavin: Paintings, thru July 4  
 521 First St., Davis, 530-756-3938  
**Legion of Honor**  
 Art Deco: 1910-1939, thru July 4; Between Promise & Reality: The Photographs of Adi Nes, thru July 18; Photo-Image in American Prints 1960-1990, thru July 18  
 100 34th Ave., SF 415-750-3614  
**Lola Gallery**  
 San Francisco Safari, thru July 17  
 2517 Mission St., Second Floor, SF, 415-401-6800  
**Northern California Arts, Inc**  
 Bald Expressions, September 28 thru October 17  
 5330-B Gibbons Drive, 971-3713  
**Phoenix Gallery**  
 1739 L Street, 447-1632  
**Richard L. Nelson Gallery**  
 Robert Arneson: The Palace at 9 AM, thru October 8  
 One Shields Avenue, Davis, 530-752-0522  
**SF MOMA**  
 Larry Sultan: The Valley, thru August 1; Matisse and Beyond: The Painting & Sculpture Collection, starts July 1; Between Art & Life: The Contemporary Painting and Sculpture Collection, starts July 1; New Work: Evan Holloway & Dave Muller, July 1 thru October 24  
 151 Third Street, SF, 415-357-4000  
**Solomon Dubnick**  
 M.R. Chase: On My Mind: Stored Thoughts, Wanderings and Daydreams, thru July 3; Cynthia

Hurley: Wetness/Dryness, thru July 3; New Still Life by Jian Wang: Lost in the Moment, thru July 3; Surface & Element, July 8 thru July 31; reception July 10; Laurie Winthers: Quiet Spaces, July 8 thru July 31; reception July 10; New Work by Alan Post, August 5 thru September 4; reception August 14  
 2131 Northrop Ave., 920-4547  
**State Capitol Building Basement Gallery**  
 415-641-4636  
**Tower Framing & Design Gallery**  
 50 Caliber, July 1 thru July 30; reception July 10, 6-9pm  
 2131 Northrop Ave., 923-6204  
**Up Town Studios Art Gallery**  
 Chrystal Webber, thru July 2; Reflections on Women: The Strength Within, September 11 thru October 8  
 912 1/2 J Street, 446-1082  
**Viewpoint Gallery**  
 On the Wall: Color Photographs by 3 SVAPC Members, thru July 10; Print Night, July 7, 7pm; Donna Fay Allen, Dianne Poinaki, Susan L. Nikel, & Lori Emmington, July 16 thru August 28; reception August 14, 5:30-8:30pm; SVAPC Members Show, September 3 thru October 23; reception September 11, 5:30-8:30pm  
 551 Sequoia Pacific Blvd., 441-2341

## 2nd Annual Congregation B'nai Israel Open House



Sunday August 29  
11:00 AM

Congregation B'nai Israel  
3600 Riverside Blvd. Sacramento, Ca 95818

Enjoy lox, bagels, and other great foods while we have brief presentations by our rabbi, members of our clergy staff, professional staff, and board members. We will also be giving guided tours of our facility.

**Free Admission. All are welcome! RSVP with the temple office at (916) 446-4861 or e-mail [mike@bnais.com](mailto:mike@bnais.com)**

## THEATRE / DANCE / ORCHESTRA

**Actors Theatre**  
 Beyond the Proscenium, Sci-Fi Hotel: The Musical, July 8 thru August 8  
 1616 Del Paso Blvd., 922-9774  
**California Musical Theatre**  
 The Wizard of Oz, July 6 thru 18; The Fantasticks, July 20 thru 25; Oklahoma, July 27 thru August 1; The Pirates of Penzance, August 3 thru 8; Footloose, August 10 thru 15; The Scarlet Pimpernel, August 17 thru 22; Jesus Christ Superstar, August 24 thru September 5; Hairspray, September 29 thru October 10; Movin' Out, November 3 thru 14; Peter Pan, December 28 thru January 2, 2005; Big River: The Adventures of Huckleberry Finn, January 26 thru February 6, 2005; Singing In The Rain, March 9 thru 20, 2005; The Lion King, April 28 thru June 5 2005  
 1510 J Street, 446-5880, 446-1370, [www.californiamusicaltheatre.com](http://www.californiamusicaltheatre.com)

**Castro Theatre**  
 Ladies and Gentlemen Prefer Jane Russell, July 23, 8pm, reception 6pm  
 415-863-0611,  
[hosts2@earthlink.net](mailto:hosts2@earthlink.net)  
**Downtown Shakespeare**  
 Shakespeare Lite, thru July 1  
[www.downtownsac.org](http://www.downtownsac.org)  
**Empire Mine State Historic Park**  
 10791 E. Empire St., Grass Valley  
 530-268-8578  
**Fair Oaks Theatre Festival**  
 Theatre Under the Stars, thru July 25  
 American River College, 4700 College Oak Dr., 484-8433  
**Fairytale Town**  
 Puppet Festival, Tuesday-Sunday thru July 3; International Festival, July 11, 11am-3pm; Twilight Concert Series, Wednesdays thru August 25, 6-9pm; Thirteen Themed Thursdays, thru August 27, 5pm-7pm; International

Festival, July 9 thru 11, 11am-3pm; Wacky Water Day, July 17, 11am-3pm; Very Special Arts Festival, July 24 thru 25, 11am-3pm  
 264-5233, [www.fairytaletown.org](http://www.fairytaletown.org)  
**Foothill Theatre Company**  
 Fully Committed, thru August 15; Sierra Shakespeare Festival: As You Like It & Much Ado About Nothing, August 27 thru September 19; The Nerd, September 30 thru October 31; A Child's Christmas in Wales, November 18 thru January 1, 2005  
 530-265-9320  
**Les FrancoFolies de Montreal**  
 16th FrancoFolies de Montreal, July 29 thru August 7  
 1-800-444-9114,  
[www.francofolies.com](http://www.francofolies.com)  
**Mondavi Center**  
 530-754-2787,  
[www.mondaviarts.org](http://www.mondaviarts.org)  
**Montclair Women's Cultural Arts Club**  
 The Montclair Women's Big Band, August 22, 3:30pm; A Woman's Word, September 11, 7:30pm; Debbie Fier, Omeycan, October 17, 3:30pm; Robin Flower & Libby McLaren, Nancy Fogl, November 13, 7:30pm; Adrienne Torf, Ronnie Gilbert, December 11, 7:30pm  
 510-339-1832  
**New Conservatory Theatre Center**  
 Southern Baptist Sissies, thru July 11; In Concert Series, thru August 29; Gay Playwriting Workshop, Tuesdays July 6 thru September 7, 7-10pm; Goldfield & Koldewyn, July 10 thru July 18; Pride Season Ten: We Are Family, August 14 thru July 10, 2005  
 25 Van Ness Avenue @ Market, SF, 415-861-8972, [www.nctcsf.org](http://www.nctcsf.org)

**San Jose Center for the Performing Arts**  
 The Producers, July 6 thru July 25  
 1-888-445-7469, [www.amtsj.org](http://www.amtsj.org)  
**SFJAZZ**  
 415-788-7353, [www.sfjazz.org](http://www.sfjazz.org)  
**SF Opera Company**  
 301 Van Ness, 415-864-3330, [www.sfopera.com](http://www.sfopera.com)  
**Strawberry Music Festival**  
 Strawberry Fall Music Festival, September 2 thru 6  
 209-533-0191,  
[www.strawberrymusic.com](http://www.strawberrymusic.com)

**Summer Concerts in Carmichael Park**  
 Free Summer Concert Series, Sundays thru August 29, 6:30-8:30pm  
 Carmichael Park, 5750 Grant Ave., 485-5322  
**The Golden Gate Theatre**  
 Hairspray, thru July 3  
 650-327-1200  
[www.hairsprayontour.com](http://www.hairsprayontour.com)  
**The Studio of Dramatic Arts**  
 PMB 253 @ 1008 10th St., 443-8648  
**The Woodland Opera House**  
 Over the River and Through the Woods, September 3 thru 26; Swinging on a Star, October 29 thru November 21; I Ought to be in Pictures, January 28 thru February 20, 2005; Once Upon A Mattress, April 8 thru May 1, 2005; Picnic, May 27 thru June 19, 2005  
 340 Second St., Woodland, 530-666-9617  
**Wells Fargo Pavilion**  
 The Producers, thru July 4  
 1419 H St., 557-1999,  
[www.sacbroadwayseries.com](http://www.sacbroadwayseries.com)



# Business Directory

## ADVERTISING

Mom Guess What Newspaper (MGW), 1103 T Street, 95814, 441-6397

## AIDS SERVICES

Breaking Barriers, 447-AIDS  
C.A.R.E.S., 1500 21 St., 443-3299  
Heart to Heart Emotional Support Group, 386-2504  
Metropolitan Community Center For AIDS, 447-2444  
Names Project, AIDS Memorial Quilt, 3104 O St., PMB 357, ozinsac@aol.com, 484-5646  
Sac. County DHHS/Health Edu. Unit, HIV Hotline 446-2694

## ASSOCIATIONS

Alcoholics Anonymous, 2631B Riverside Blvd., Dan, 486-0331, Karla, 568-6714  
Capital City Hoopsters, gaybasketball.com  
Capital City Squares, CapitalCitySqs@aol.com, 929-8697  
CAP PAC, Capital Political Action Committee, 736-2722  
Female to Male Soc., 646-1417, kpbosar@yahoo.com  
FrontRunners & Walkers, 974-8199, frontrunners.org  
Gay Fathers of Sac., 484-5636z  
Gay & Lesbian Sierrans, gls\_motherlode@yahoo.com  
Lambda Letters Project, 728-1261, lambdapl@aol.com  
LLACE, (GLBT Library & Archives), 1414 21st, 492-0558  
Log Cabin Republicans, www.lcrsac.com  
Outdoor Adventures of Sac., oas\_news@hotmail.com  
Rainbow Bridge Speakers, Paula, 658-0892  
Rainbow Chamber, 551-3832  
Sac. Area Rainbow Families, 863-0852  
Sac. Area Women's Community Network, 451-8034, sacwn.com  
Sac. Arts & Games Association, 451-8663  
Sac. LEGAL, geocities.com/WestHollywood/Park/3103  
Sac. Valley Pozabilities, 564-1790, sacramentovalleypozabilities@yahoo.com  
Sexual Compulsives Anonymous, 424-0967, sca-recovery.org  
Sisters of Santa Women's Motorcycle Club, 725-9467  
sgmm.org Pollack Pines, 530-644-8248  
Valley Knights Motorcycle Club, 455-6540

## AUCTION

The Auction House, 10076 Mills Station Road, 361-8491

## ATTORNEYS

Rosemary Metrailler, 447-7258  
Teichert & Associates, 1322 F St., 441-4410  
Hill & Morris, 5150 Fair Oaks Blvd., Ste. E-3, 671-1144

## AUTOMOTIVE SERVICES

Capital City European, 1725 33rd St., 452-5811  
Cuilla Brothers Body Shop, 2413 J St., 443-6323  
Ray's Auto Stereo & Alarms, 1925 F St., 447-9753

## BOARD OF SUPERVISORS

700 H St., Rm. 2450,  
District 1: Roger Dickinson, 874-5485  
District 2: Ila Collin, 874-5481  
District 3: Murial Johnson, 874-5481  
District 4: Robert Niello, 874-5491  
District 5: Don Nattoli, 874-5485

## CATERING

Black Tie Catering & Gourmet To Go, 383-9270,  
blacktiecat@aol.com

## CEMETARY / MORTUARIES

East Lawn Memorial Park & Mortuaries, 732-2000

## CHILD CARE

Busy Bee Nursery School, 1618 - 27th St., 457-7348  
www.BusyBeeSacramento.com

## CHIROPRACTORS

Chaney Chiropractic & Rehab, Karen Chaney, Nancy Buck,  
1614 X St., #B, 326-4466  
James Carlson, Rocklin Chiropractic, 5875 Pacific St., #D, Rocklin,  
624-0682

## CHURCHES

Cathedral of Promise MCC, 10500 Chaplain Ave., Matherfield Rd.,  
364-4325  
Dignity, 2529 K St., 492-6452

## CITY COUNCIL

City Hall, Rm. 205, 915 I St.  
Mayor Heather Fargo: 264-5300  
City Council Session Call-In, Cable Channel 73, 264-8255  
District 1: Ray Tretheway, 808-7001  
District 2: Sandy Sheedy, 808-7002  
District 3: Steve Cohn, 808-7003  
District 4: Jimmy Yee, 808-7004  
District 5: Lauren Hammond, 808-7005  
District 6: Dave Jones, 808-7006  
District 7: Robbie Waters, 808-7007  
District 8: Bonnie Pannell, 808-7008

## CITY PARKS

City Park Reservations, 277-6060

## CONSTRUCTION

Moore Construction, 214-1769

## DIRECTORY

Valley Rainbow Pages, 3104 O Street #325, 444-2322

## DOCTORS

Dr. Michael DuPratt, 813 - 30th St., 447-2951

## DRY CLEANING SERVICES

Freeport Cleaners, 2001 4th St., 442-2838

## ENTERTAINMENT SERVICES

Passion Parties, 212-4969

## FINANCIAL SERVICES

Killick Financial Services, 2321 Lloyd Ln., 486-8985

## GARDENING SERVICES

English Garden Care, 489-8903  
AIDS Benefit Plant Sale, aidsplant.sale.home.att.net, 224-0198

## GLBT CENTER

Lambda Community Center, 1927 L St., 442-0185

## GLASS

Bob's Glass, 2415 23rd St., near Broadway, 739-8244

## GROCERIES

Davis Co-Op, 620 G St., Davis, 530-758-2267  
Taylor's Market, 2900 Freeport Blvd., 443-6881

## HALLS / MEETING PLACES

Channel 6, KVIE, Ose Community Rm., 2595 Cap. Oaks Dr.,  
929-5843  
Musicians Hall, 1925 Del Paso Blvd., 565-2500  
SMUD Building, 6301 S St., 916-732-5310

## HOBBIES / CRAFTS

Bead Fetish, 1927 L St., 447-7979

## HOLY UNIONS

Inn at Parkside, 2116 Sixth St., 658-1818

## HOTELS / INNS / RESORTS

Capital Park Inn, 1300 T St., 877-753-9982  
Inn at Parkside, 2116 Sixth St., 658-1818

## INFORMATION

MGW Newspaper Archives, past issues are available on microfilm  
at Lavender Library, Main Sacramento Library, CSUS Library,  
University of California at Davis Library, and San Francisco  
Main Library.

## JEWELRY

Arareity Fine Jewelry, 1021 R St., 446-1535  
EvenStar Diamonds, Inc., P.O. Box 602213, 483-2700  
The Bead Fetish, 1729 L St., 447-7979

## JEWELRY

Kristine Belnap Jensen, 3010 I Street, Suite 7, 447-6428

## MAGAZINES

Dad...Guess What!, 1103 T Street, 441-3803

## MORTGAGE

Chase Manhattan, Rick Corby, 2998 Douglas Blvd. Ste. 105,  
787-1429

## NEWSPAPERS

Mom Guess What Newspaper (MGW), 1103 T Street, 95814,  
441-6397  
California Job Journal, 2033 Howe Ave., #100, 925-0800

## NURSERIES

Lotus Valley Nursery/Garden, 5606 Peterson Lane, Lotus,  
626-7001

## OPTOMETRISTS

Dr. Cameron Yee, 6407 Riverside Blvd., 395-0673

## PET CARE / RESCUE

Animal Housecall, Dr. Nancy Weagly, 456-0967  
Animal Place, 3448 Laguna Creek Trail, Vacaville, 707-449-4814  
Clip Shop, 2631 A Riverside Blvd., 447-0393  
Faux Paw Kennels, Adopt A Pet, 9204 Florin Rd., 988-6225  
Fur People Pet Sitting, 457-1655  
Happy Tails Pets, 556-1155  
Labrador Retriever Rescue, 209-951-3697, cc-labrescue.org  
Sheraton Grand Hotels, Accepts pets

## PORTRAIT PHOTOGRAPHY

Facchino Photography, (916) 783-8590

## REAL ESTATE

Charon Jenner, Cook Realty, 4305 Freeport Blvd, 763-1781  
Pfingst Realty, 9978 Folsom Blvd., 362-1166  
Mark Whisler, Broker, Whisler Land Co., 446-6666  
Jack Maple, CountryWideRealty, (888)865-4834 x.282  
David Rickert, Rickert Properties, 717-2188

## RESTAURANTS

Café Melange, 2700 24th Street, 451-2312  
Dos Coyotes Border Cafe, 1735 Arden Way, 927-0377  
Greek Village Inn, 65 University Ave., 922-6334  
Sacramento Brew Pub, Town & Country Village, 485-4677

## SACRAMENTO INFO

MGW: mgwnews.com  
Sac. Police Dept.: sacpd.org  
Sac. Maps: citymaps.sacto.org  
Sacramento.com

## SHELTERS

WIND Center For Homeless Teens, 300 Ahern St., 443-1386

## SPAS

Beach House Spa Co. 649 W. Elkhorn Blvd., 992-6553

## SIGNS

Sign-A-Rama, 3017 Arden Way, 564-4299

## STEREO REPAIR

Ray's Auto Stereo & Alarms, 1925 F St., 447-9753

## THERAPISTS

Bruce Gunn, MFCC #M19480, 418 Alhambra Blvd., 443-7171  
Sandra Warne, MFCC#30585, 300 University Ste. 218, 568-1025  
Dr. Michael DuPratt, 813 - 30th St., 447-2951

## THRIFT STORE

MCC Out Of The Closet Thrift Store, 3230 Broadway, 454-5019  
Sutter Hospice/Roseville, 2120 Harding Blvd., 783-5509

## TRANSLATORS

Access Language Connection, 1617 20th St, 541-2300

## URGENT CARE

Dr. Michael DuPratt, 813 - 30th St., 447-2951

## VCR REPAIR

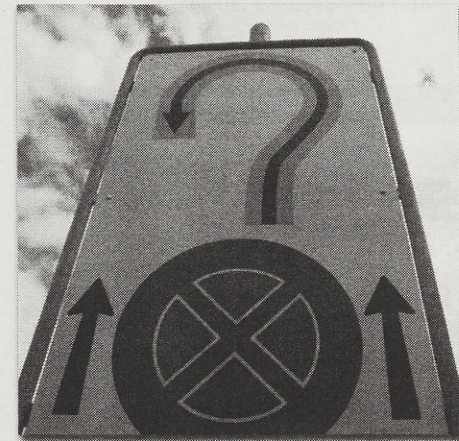
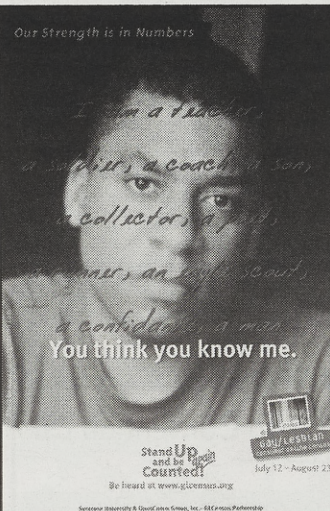
Ray's Auto Stereo & Alarms, 1925 F St., 447-9753

## VETERINARIANS

Animal Housecall, Dr. Nancy Weagly, 456-0967  
Watt Ave. Pet Hospital, 3321 Watt Ave., 482-4084

## WINERIES

Woodbridge Winery, 5950 E. Woodbridge Rd., 209-365-2781



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# Classified Ads

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## EMPLOYMENT

### PIANIST NEEDED

Oasis Fellowship Church, a local open and affirming ministry is seeking a professional, experienced praise and worship leader/pianist to accompany our Sunday worship services. Candidates should be familiar with traditional as well as African American praise and worship music. All interested candidates please contact Glenn Alexander at 419-9420 or galexander@comcast.net www.oasisfellowship.org x815

### DELIVERY DRIVERS

Dependable drivers sought to deliver MGW on the 1st and the 15th of each month. Vehicle required, truck a plus! Familiarity with the Sacramento Metro area also a plus! \$100 flat rate per delivery. Call or E-mail your resume. 441-6397, info@mgwnews.com

### NEWSPAPER INTERNSHIPS

College Internships at MGW Newspaper are a great way to boost your skills and gain hands-on experience in media. College Credit in media/communications, journalism, photojournalism, computers, graphic design/art, English, art, business, accounting, marketing and advertising! Resume to MGW: info@mgwnews.com, 441-6397

## AD SALES

Looking for a rewarding career where your motivation equals cash! MGW is accepting applications for Ad Sales Executives. Applicants must be outgoing, energetic, go-getters and independent self-starters. Transportation a must, newspaper, advertising and/or marketing exp. a plus. Great Commissions! Resume to MGW: info@mgwnews.com, 441-6397

## FOR RENT

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### ADOPT-A-PET

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tfm

### CALLING ALL WORKING PETS

Pets: Do you go to work with your mom or dad? Mom or Dad: MGW Newspaper would like to feature you and your pet. Send us a photo with caption or call 441-6397 and we will take the photo!

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Phone-H \_\_\_\_\_  
Signature \_\_\_\_\_

**2 the money...**  
Business Directory listings: \$ 15  
Personal Classified up to 30 words: \$ 10  
Business/Services Classified up to 30 words: \$ 20  
Additional Words @ 40¢ each: \$ \_\_\_\_\_  
Subtotal \$ \_\_\_\_\_  
Multiply subtotal by # of issues: Total \$ \_\_\_\_\_  
(Make checks payable to MGW Newspaper. Do not send cash.)

**3 the category...**  
☐ Announcements ☐ Men Seeking Men  
☐ Employment ☐ Miscellaneous  
☐ For Rent ☐ Roommates  
☐ For Sale ☐ Services (\$20 each)  
☐ Freebies ☐ Wanted  
☐ Lesbians Seeking Lesbians ☐ Other \_\_\_\_\_

**4 business directory**  
Category \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

**5 please print ad here 10 word minimum.**  
Free Headline (2-3 words): \_\_\_\_\_  
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**Deadlines**  
• 1st issue of the month: 7 calendar days before  
• 15th issue of the month: 7 calendar days before.

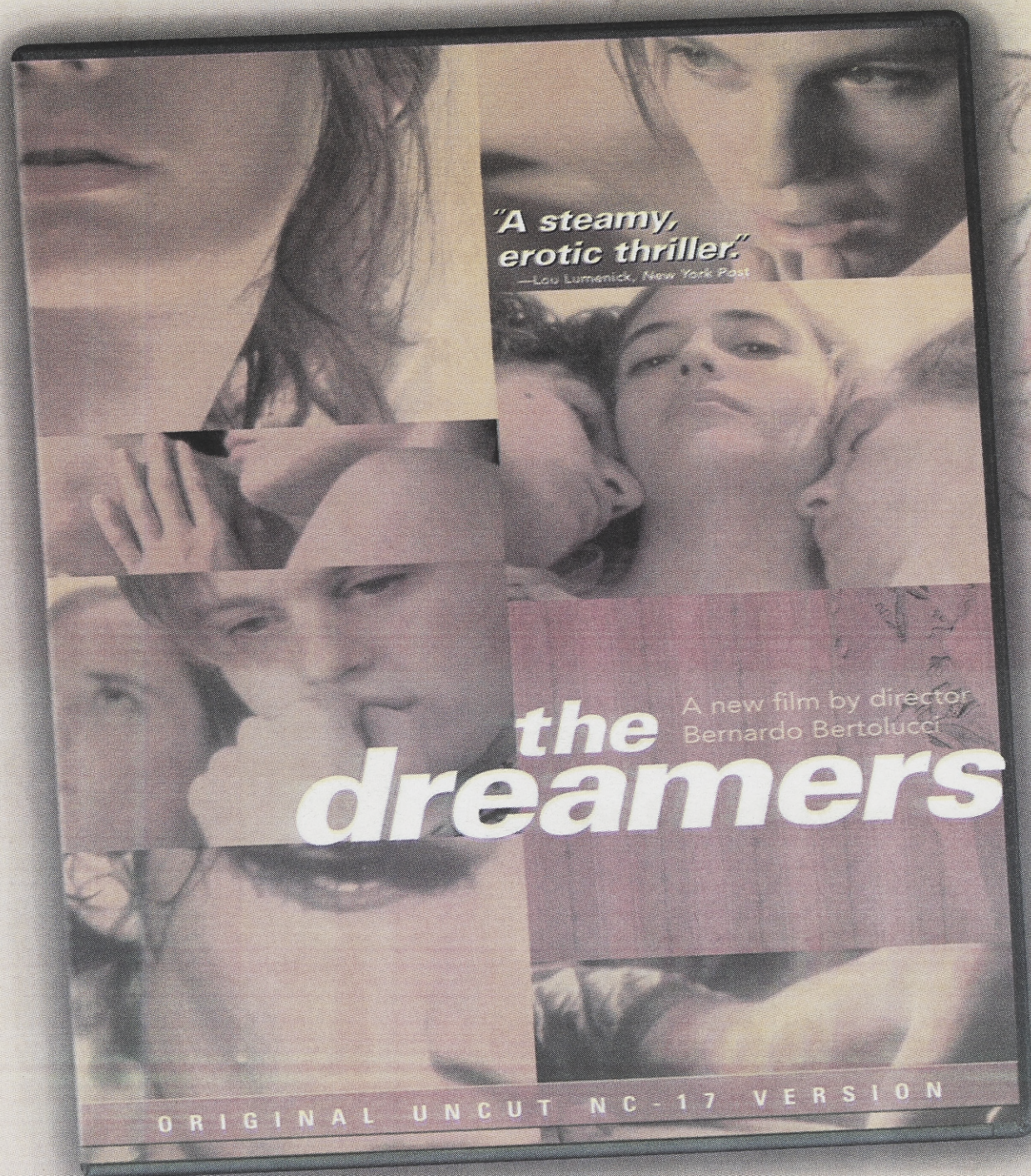
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2003 Pacific Coast League Champions

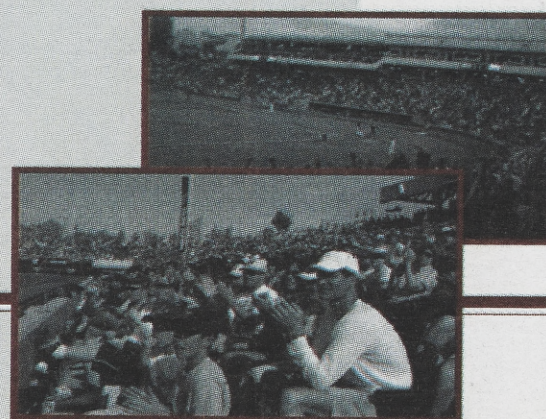
# STEP UP TO THE PLATE

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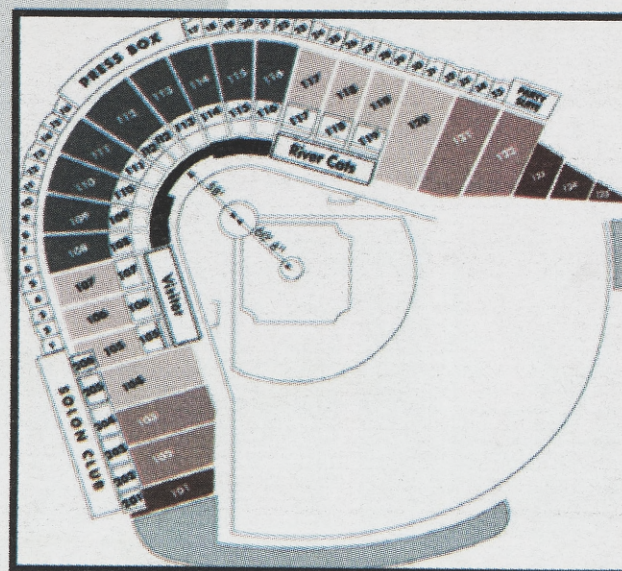
- [www.capcityaidsfund.org](http://www.capcityaidsfund.org)

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- (916) 440-0889 ext 301

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Hot Corner	\$9
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For questions contact Sheldon Twiggs at (916) 914-6271 or [stwiggs@caresclinic.org](mailto:stwiggs@caresclinic.org)